

Monday, March 15

Choice of One

Chicken Parmesan Sandwich
Tuna Sandwich
Hot Dog

Choice of Two or More

Glazed Carrots
Chilled Pears

Milk

Tuesday, March 16

Choice of One

Spaghetti w/ Meatballs
Turkey Sandwich
Beef Patty Sandwich

Choice of Two or More

Tossed Salad
Assorted Chilled Juice

Milk

Wed., March 17

Choice of One

Cheese Burger Pizza
Bologna Sandwich

Choice of Two or More

Green Beans
Lime Jell-O
Banana
Italian Bread

Milk

Thurs., March 18

Choice of One

Chicken Fajitas
Ham Sandwich
Chicken Patty Sandwich

Choice of Two or More

Mixed Vegetables
Fruit Cup

Milk

Friday, March 19

Choice of One

Cheese Pizza Rounds
Egg Salad Sandwich
Fish Sticks

Choice of Two or More

Carrots Sticks
Fruit Juice Bar

Milk



BREAK AN EGG.

Hey, why do you think it's called BREAKfast? A breakfast sandwich of an egg, a slice of lean ham, and a piece of cheese on a whole-wheat English muffin, with an orange and lowfat milk, provides a delicious variety of foods, and only about 550 calories. Keeps you feeling full, too. Enjoy!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!

Monday, March 22

Choice of One

Popcorn Chicken w/ Sauce
Tuna Sandwich
Hot Dog

Choice of Two or More

Mashed Potatoes
Orange Juice

Milk

Tuesday, March 23

Choice of One

Sloppy Joe Sandwich
Turkey Sandwich
Beef Patty Sandwich

Choice of Two or More

Oven Potatoes
Peaches

Milk

Wed., March 24

Choice of One

Turkey Sub
Bologna Sandwich

Choice of Two or More

Vegetable Soup
Blushing Pears

Milk

Portion Chips

Thurs., March 25

Choice of One

Rotini w/ Meat Sauce
Ham Sandwich
Chicken Patty Sandwich

Choice of Two or More

Broccoli
Apple Juice
Italian Bread

Milk

Friday, March 26

Choice of One

Macaroni & Cheese
Egg Salad Sandwich
Fish Sticks

Choice of Two or More

Tossed Salad
Applesauce
Roll

Milk



Q: What's the only common vegetable that's only sold fresh - never canned, frozen, cooked, or processed in any way?



A: Lettuce - can you imagine frozen or canned lettuce?!

Monday, March 29

Choice of One

French Toast Sticks
w/ Heart Health Ham
Tuna Sandwich
Hot Dog

Choice of Two or More

Warm Apple Slice
Grape Juice

Milk

Tuesday, March 30

Choice of One

Beef Ravioli
Turkey Sandwich
Beef Patty Sandwich

Choice of Two or More

Mixed Vegetables
Banana
Italian Bread

Milk

Wed., March 31

Choice of One

Mexican Lasagna
Bologna Sandwich

Choice of Two or More

Green Beans
Pineapple Tidbits

Milk

Chocolate Pudding

Snack Prices

.Milk .60
Chips .50
Gummi Bears .25
Pretzel Rod .10
Rice Krispie Treat .50
Fruit Roll Up .50

Snack Prices are listed on Web Page

If you wish for your child to use their account for snacks, please send an e-mail or written note.

LEARN MORE AT WWW.KIDSHALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML