



Friday, March I

Breakfast

French Toast Sticks

Cereal w/Graham Crackers

Yogurt w/Tiger Bites

Fruit or Juice Choice

Lunch

Grilled Cheese Sandwich

Baked Beans

Celery & Carrot w/Ranch Dip

Orange Wedges

Jello w/Whipped Topping





















Fat Free Flavored Milk Cold Lunch Choice

Monday: Sunbutter Sandwich Tuesday: Chef Salad Weds.: Deli Turkev or Ham Sandwich

Thursday: Charley Box Friday: Sunbutter Sandwich





Monday, March 4

Breakfast

Pancake

Cereal w/Graham Crackers

Yogurt w/Tiger Bites

Fruit or Juice Choice

Lunch

Popcorn Chicken

Mashed Potatoes

Broccoli Florets

Peach Slices















Tuesday, March 5

Breakfast

Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice

Lunch

Hamburger/Cheeseburger Crinkle Cut Fries Lettuce/Tomato/Pickle Orange Wedges

Wednesday, March 6

This year, we've been telling you a lot about the

nutritious breakfast. Remember: kids can't do their

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

educational and health benefits of eating a

best unless they're well fed in the morning!

Breakfast

St Charley Cinnamon Roll Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice

Lunch

Chili Fritos Shredded Cheese Corn. Garden Salad Banana

Thursday, March 7

Breakfast

Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice

Lunch

Chicken/Sausage lambalaya White Beans Steamed Carrots Garlic Bread **Pineapple Tidbits**

Friday, March 8

Breakfast

Muffin Choice w/Cheese Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice

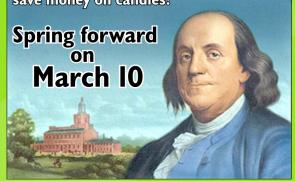
Lunch

Fish Sticks Macaroni & Cheese Green Beans Cucumber & Tomato Salad Apple Wedges

SATURDAY, MARCH 2 IS **READ ACROSS AMERICA DAY!** WHAT WILL YOU READ TODAY?



Daylight Saving Time was first proposed by Benjamin Franklin in 1784, as a way to save money on candles!



Monday, March II

Breakfast

Pancake on a Stick Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice

Lunch

Chicken Alfredo Pasta Green Beans Carrots **Applesauce**

Tuesday, March 12

Breakfast

Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice

Lunch

Roasted Chicken Mashed Potatoes Corn WW Roll **Pear Halves**

Wednesday, March 13

Breakfast

St. Charley Cinnamon Roll Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice

Lunch

Potato Soup Garden Salad WW Roll Banana

Thursday, March 14

Breakfast

Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice

Lunch

Beef Teriyaki Dippers Steamed Rice **Edamame Beans Broccoli Florets** Pineapple Tidbits w/Cherries

Friday, March 15

Breakfast

Waffle Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice

Lunch

Bosco Sticks Marinara Sauce Cup Green Beans Orange Wedges



What did the dessert

Teddy Bear say when he was offered

"No. thanks. I'm stuffed!" Actually, that's not a bad answer for a real kid, too. Foods that are mainly sugar, fat, or oil -- like candy and desserts -- are fine in small portions and once in awhile. But they should not replace healthy foods in your diet and they should not be an every day choice!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay healthy/food/pyramid.html

Monday, March 18

Breakfast

Yogurt Parfait Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice

Lunch

Red Beans w/Steamed Rice Seasoned Mustard Greens Steamed Carrots Cornbread **Peaches**

Tuesday, March 19

Breakfast

Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice

Lunch

Tacos w/Cheese Steamed Corn Refried Beans Taco Salad Cup, Salsa Apple Wedges

Wednesday, March 20

Breakfast

St Charley Cinnamon Roll Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice

Lunch

Beef Pot Roast Mashed Potatoes Peas/Carrots Dinner Roll Banana

Thursday, March 21

Breakfast

Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice

Lunch

Turkey Stew Steamed Rice Carrot Soufflé Steamed Cabbage **Pineapple Tidbits**

Friday, March 22

Breakfast

Fresh Donut Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice

Lunch

Cheese Pizza Garden Salad Green Beans Fruit of the Month Brownie w/Icing

Monday, March 25

Breakfast

Cheesy Grits Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice

Lunch

Chicken Tenders Waffles w/Syrup Green Beans Carrots Applesauce

Tuesday, March 26

Breakfast

Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice

Lunch

Orange Chicken Fried Rice Broccoli Florets Asian Chopped Salad Tropical Fruit

Wednesday, March 27

Breakfast

St Charley Cinnamon Roll Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice

Lunch

Chicken/Sausage Gumbo Steamed Rice Potato Salad Garden Salad, Crackers Banana

Thursday, March 28

Breakfast

Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice

Easter Brunch

Scrambled Eggs Sausage Potato Coins Grits, Biscuit Fruit or Fruit Juice

Friday, March 29





Easter Break: Mon. April I—Fri. April 5 Classes Resume: Monday, April 8