



Friday, March 1

Grilled Cheese Sandwich

Applesauce
Fresh Fruit

Vegetable Soup
Baby Carrots

Choice of Cold Milk

Monday, March 4

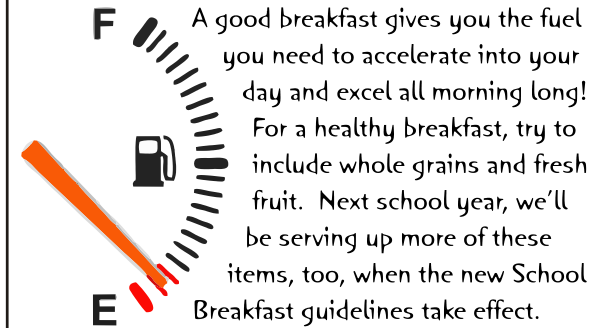
Hotdog/WG Bun

Peaches
Fresh Fruit

Baked Beans
Sweet Potato Fries

Choice of Cold Milk

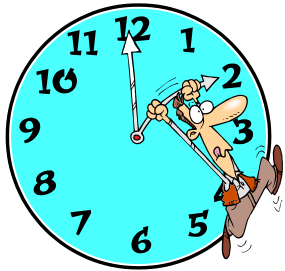
RUNNING ON EMPTY?



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

WELLNESS IS A WAY OF LIFE!

**DON'T FORGET TO
SPRING
FORWARD
ON MARCH 10!**



Tuesday, March 5

Cheeseburger on
WG Bun

Mixed Fruit
Fresh Fruit

Vegetable Medley
French Fries

Choice of Cold Milk

Wednesday, March 6

WG Spaghetti with
Meat Sauce/
WG Roll

Pineapple
Fresh Fruit

Romaine Salad
with Tomatoes

Choice of Cold Milk



Thursday, March 7

BBQ/WG Swirl
Roll

Pears
Fresh Fruit

Coleslaw
Green Beans

Choice of Cold Milk

Friday, March 8

WG Cheese Pizza

Applesauce
Fresh Fruit

Corn
Carrots

Choice of Cold Milk

Monday, March 11

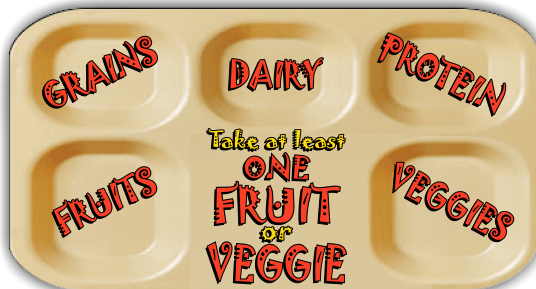
Bologna/Cheese
on WG Bun

Fresh Fruit
Pears

BBQ Baked Beans
Potato Wedges

Choice of Cold Milk

DON'T 4 GET!



... and at least three of the five items total so your meal counts as a complete lunch!

Tuesday, March 12

Lasagna with
WG Roll

Fresh Fruit
Apple Slices

Romaine Salad
with Tomatoes

Choice of Cold Milk

Wed., March 13

Fish Sticks with
WG Roll

Fresh Fruit
Mixed Fruit

*Glazed Sweet
Potatoes
Mixed Greens

Choice of Cold Milk

Thursday, March 14

WG Pepperoni
Pizza

Fresh Fruit
Applesauce

Tossed Salad
Baby Carrots

Choice of Cold Milk

Friday, March 15

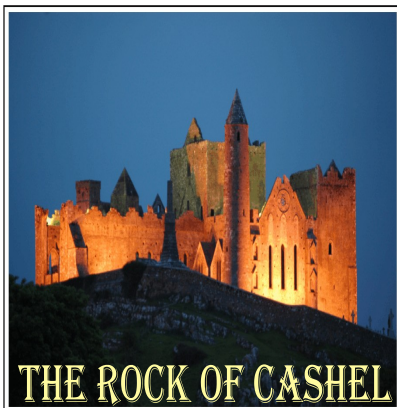
Chicken Patty on
WG Bun

Fresh Fruit
Peaches

Mashed Potatoes
Corn

Choice of Cold Milk

♦ WONDERS OF THE WORLD ♦



The Rock of Cashel, also known as St. Patrick's Rock, is a historic site in South Tipperary, Ireland, where, according to legend, the Irish King was converted by St. Patrick in the 5th century. It is one of the most incredible examples of medieval architecture and art in all of Europe.

THE ROCK OF CASHEL ♦ IRELAND

LUNCH ENTRÉE CHOICES:

Monday—Small Chef Salad with Crackers
Tuesday—Pizza
Wednesday—Chicken Salad with Crackers
Thursday—Nachos
Friday—Small Chef Salad with Crackers

Monday, March 18

Hotdog/WG Bun

Peaches
Fresh Fruit

Baked Beans
Sweet Potato Fries

Choice of Cold Milk

Tuesday, March 19

Cheeseburger on WG Bun

Mixed Fruit
Fresh Fruit

Vegetable Medley
French Fries

Choice of Cold Milk



What's on YOUR plate?

Crazy Condiments!

"Condiments" are foods that you put on other foods, like the popular condiments pictured below. Of these four, three contain almost no fat and one contains pretty much nothing BUT fat. Do you know which of these condiments is not like the others?



Mustard

Relish

Mayonnaise

Ketchup

A: Regular mayo is nearly all fat, although reduced fat and nonfat versions are also available.

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

Wed., March 20

WG Spaghetti with Meat Sauce and WG Roll

Pineapple
Fresh Fruit

Romaine Salad with Tomatoes

Choice of Cold Milk

Thursday, March 21

BBQ/WG Swirl Roll

Pears
Fresh Fruit

Coleslaw
Green Beans

Choice of Cold Milk

Friday, March 22

WG Cheese Pizza

Applesauce
Fresh Fruit

Corn
Carrots

Choice of Cold Milk

Monday, March 25

Bologna/Cheese on WG Bun

Fresh Fruit
Pears

*Chuckwagon Beans
French Fries

Choice of Cold Milk

Tuesday, March 26

Baked Chicken with WG Roll

Fresh Fruit
Mixed Fruit

Cabbage
Boiled Potatoes

Choice of Cold Milk

BREAKFAST MENU:

Cereal/graham crackers are a daily entrée.

Other menu choices include:

Monday—Breakfast Pizza OR Yogurt/Graham Crackers
Tuesday—Pancake/Sausage Wrap OR Super Donut
Wednesday—WG MiniPancakes OR WW Cinnamon Bun
Thursday—Sausage Patty on WG Biscuit OR WG Frudel
Friday—WG Pop Tarts OR French Toast Sticks

Fruit or Juice offered daily.
Choice of Cold Milk daily.

Students may purchase meals by the day, week, month or year.

Menus are subject to change without notice due to product availability.

Don't forget your breakfast and lunch money!

Wed., March 27

Lasagna with WG Roll

Fresh Fruit
Apple Slices

Romaine Salad with Tomatoes

Choice of Cold Milk



MARCH BIRTHDAYS

Justin Bieber (19) -- March 1
Dr. Seuss (Ted Geisel) -- March 2
Jessica Biel (31) -- March 3
Elizabeth Barrett Browning -- Mar. 6
Harriet Tubman -- Mar. 10
Blake Griffin (24) -- March 16



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Thursday, March 28

Chicken Patty on WG Roll

Fresh Fruit
Peaches

Mashed Potatoes
Corn

Choice of Cold Milk

Friday, March 29

WG Pepperoni Pizza

Fresh Fruit
Applesauce

Tossed Salad
Carrots

Choice of Cold Milk