



**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?



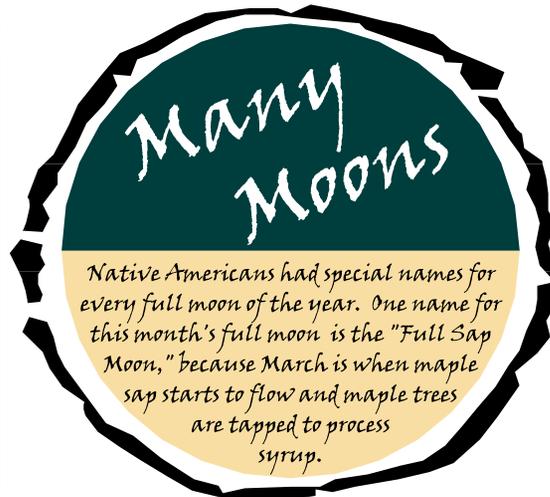
**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

**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!

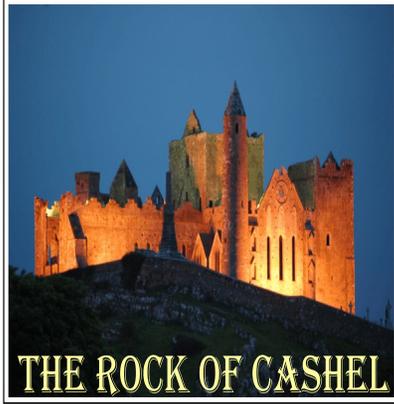
**Tuesday, March 12**  
 Lasagna with WG Roll  
 Fresh Fruit  
 Apple Slices  
 Romaine Salad with Tomatoes  
 Choice of Cold Milk

**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

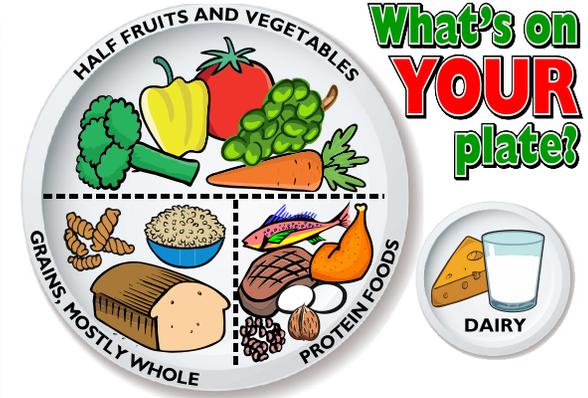
### Tuesday, March 19

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?



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

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](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