



**Friday, March 1**

Grilled Cheese Sandwich

Applesauce  
Fresh Fruit

Vegetable Soup  
Baby Carrots

Choice of Cold Milk

**Monday, March 4**

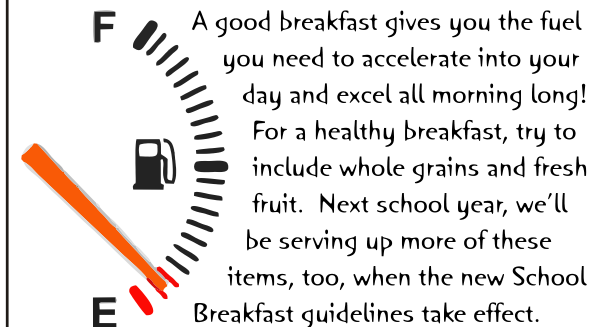
Hotdog/WG Bun

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**

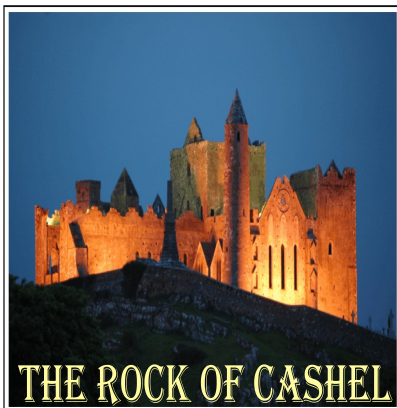
Chicken Patty on  
WG Bun

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.

**♦ IRELAND**

Yogurt, cheese stick, & crackers with access to fruit & veggies on the regular line on Mon. & Fri.

Snack Attack meal with pre-packaged yogurt, cheese stick, crackers, fruit & veggies on Tuesday through Thursday.

Chicken Salad Tuesdays.  
Tuna Salad Wednesdays.

Nachos daily.

Pizza daily.

**SALAD BAR DAILY**

**Monday, March 18**

Hotdog/WG Bun

Peaches  
Fresh Fruit

Baked Beans  
Sweet Potato  
Fries

Choice of Cold  
Milk

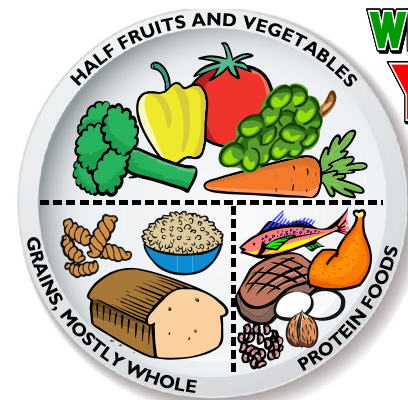
**Tuesday, March 19**

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