



Friday, March 1

Grilled Cheese Sandwich

Applesauce

Vegetable Soup
Baby Carrots

Choice of Cold Milk

Monday, March 4

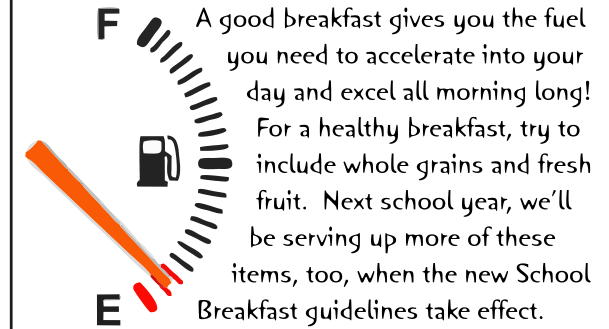
Hotdog/WG Bun

Peaches

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

Fresh Fruit

Vegetable Medley
French Fries

Choice of Cold Milk

Wednesday, March 6

WG Spaghetti with Meat Sauce/
WG Roll

Fresh Fruit

Romaine Salad with Tomatoes

Choice of Cold Milk



Thursday, March 7

BBQ/WG Swirl Roll

Fresh Fruit

Coleslaw
Green Beans

Choice of Cold Milk

Friday, March 8

WG Cheese Pizza

Applesauce

Corn
Carrots

Choice of Cold Milk

Monday, March 11

Bologna/Cheese on WG Bun

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

Romaine Salad with Tomatoes

Choice of Cold Milk

Wed., March 13

Fish Sticks with WG Roll

Mixed Fruit

*Glazed Sweet Potatoes
Mixed Greens

Choice of Cold Milk

Thursday, March 14

WG Pepperoni Pizza

Applesauce

Tossed Salad
Baby Carrots

Choice of Cold Milk

Friday, March 15

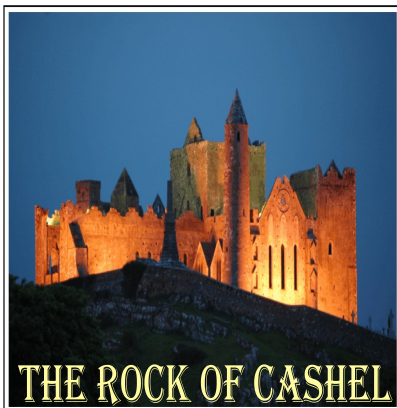
Chicken Nuggets with WG Roll

Fresh Fruit

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.

Small chef salad daily with access to fruit/veggies on regular line.

Pizza daily.

Monday, March 18

Hotdog/WG Bun

Peaches

Baked Beans
Sweet Potato
Fries

Choice of Cold
Milk

Tuesday, March 19

Cheeseburger on
WG Bun

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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Wed., March 20

WG Spaghetti with
Meat Sauce and
WG Roll

Fresh Fruit

Romaine Salad
with Tomatoes

Choice of Cold
Milk

Thursday, March 21

BBQ/WG Swirl
Roll

Fresh Fruit

Coleslaw
Green Beans

Choice of Cold
Milk

Friday, March 22

WG Cheese Pizza

Applesauce

Corn
Carrots

Choice of Cold
Milk

Monday, March 25

Bologna/Cheese
on WG Bun

Pears

*Chuckwagon
Beans
French Fries

Choice of Cold
Milk

Tuesday, March 26

Baked Chicken
with WG Roll

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

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 Nuggets
with WG Roll

Fresh Fruit

Mashed Potatoes
Corn

Choice of Cold
Milk

Friday, March 29

WG Pepperoni
Pizza

Applesauce

Tossed Salad
Carrots

Choice of Cold
Milk