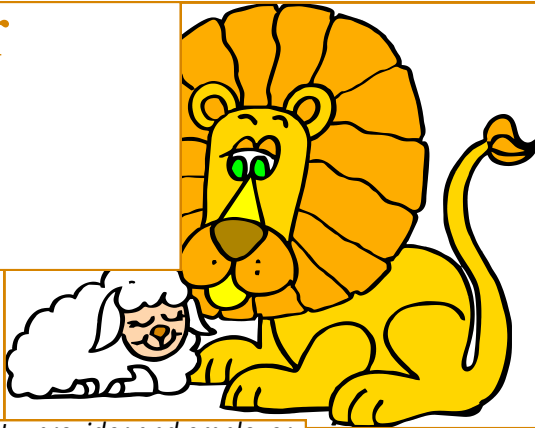


*"March comes in like a lion and goes out like a lamb!"*

# Menus for March 2015

Fresh  
Start  
Center



USDA is an equal opportunity provider and employer.

Monday, March 2

Hotdog/Bun

Choose 1 or 2:  
Baked Beans  
Potato Rounds  
Carrots/Tomatoes

Choose 1 or 2:  
Pears  
Fresh Fruit

Choice of Milk

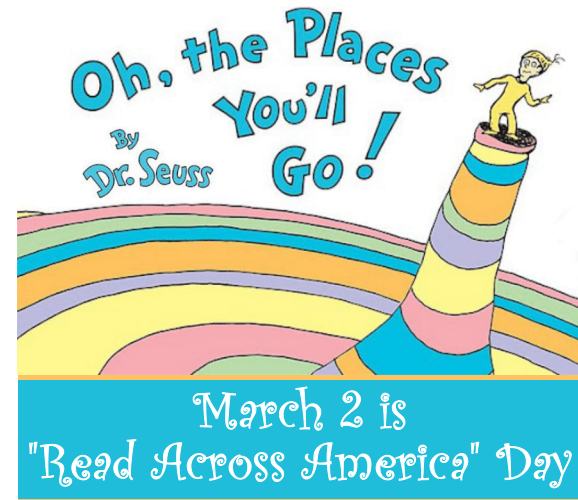
Tuesday, March 3

Taco/Brown Rice

Choose 1 or 2:  
Black Beans  
Tossed Salad  
Carrots/Tomatoes

Choose 1 or 2:  
Fresh Grapes  
Pineapple

Choice of Milk



March 2 is  
"Read Across America" Day

Wednesday, March 4

Stuffed Crust  
Cheese Pizza

Choose 1 or 2:  
French Fries  
Corn  
Carrots/Tomatoes

Choose 1 or 2:  
Applesauce  
Fresh Fruit

Thursday, March 5

BBQ/Swirl Bun

Choose 1 or 2:  
Coleslaw  
Green Beans  
Carrots/Tomatoes

Choose 1 or 2:  
Fresh Orange  
Peaches

Choice of Milk

Friday, March 6

Chicken Nuggets/  
Roll

Choose 1 or 2:  
Mashed Potatoes  
Broccoli  
Carrots/Tomatoes

Choose 1 or 2:  
Sliced Apples  
Fresh Fruit



## MARCH BIRTHDAYS

Dr. Seuss (Ted Geisel) -- Mar. 2

Harriet Tubman -- Mar. 10

Adam Levine (36) -- March 18

JJ Watt (26) -- March 22

Danica Patrick (33) -- March 25

Aretha Franklin (73) -- March 25



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

[MyLunchMoney.com](http://MyLunchMoney.com)

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

SMS students may select  
only one fruit.

Monday, March 9

Buffalo Sticks

Choose 1 or 2:  
Tossed Salad  
Carrots/Tomatoes

Choose 1 or 2:  
Fresh Fruit  
Mandarin Oranges

Choice of Milk

Tuesday, March 10

CornDog

Choose 1 or 2:  
French Fries  
Chuckwagon Beans  
Carrots/Tomatoes

Choose 1 or 2:  
Fresh Fruit  
Pears

Choice of Milk

## START FRESH WITH FRUIT!

Every complete  
Breakfast@School  
must include  
a serving of  
fruit. That's  
putting FIRST  
THINGS FIRST!



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

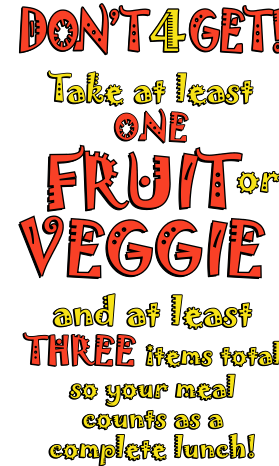
Wednesday, March

Chicken Sandwich

Choose 1 or 2:  
Potato Rounds  
Corn  
Carrots/Tomatoes

Choose 1 or 2:  
Applesauce  
Fresh Fruit

Choice of Milk



Thursday, March 12

Salisbury Steak/Roll

Choose 1 or 2:  
Mashed Potatoes  
Broccoli  
Carrots/Tomatoes

Choose 1 or 2:  
Mixed Fruit  
Fresh Fruit

Choice of Milk

Friday, March 13

Macaroni & Cheese

Choose 1 or 2:  
Green Peas  
Carrots/Tomatoes

Choose 1 or 2:  
Fresh Fruit  
Peaches

Choice of Milk

**Breakfast Menu:**Daily choices include

Cereal/graham crackers OR sausage biscuit.

Other choices are:

Monday—Breakfast Pizza

Tuesday—Pancake/Sausage Wrap

Wednesday—Mini Pancakes

Thursday—Cinnamon Roll

Friday—Pop Tarts

(Students may select only one entrée.)

Fruit and Juice offered daily.

(Students must take at least one.)

Choice of Milk daily.

Choice of milk includes:

1% unflavored

Fat free unflavored

Fat free chocolate

Fat free strawberry

**Word  
of the  
Month**

un·flap·pa·ble

*adj.* 1. calm and even-tempered, whether facing difficulty or success 2. not easily upset or excited**Monday, March 16**

Hotdog/Bun

Choose 1 or 2:  
Baked Beans  
Potato Rounds  
Carrots/TomatoesChoose 1 or 2:  
Pears  
Fresh Fruit

Choice of Milk

**Tuesday, March 17**

Taco/Brown Rice

Choose 1 or 2:  
Black Beans  
Tossed Salad  
Carrots/TomatoesChoose 1 or 2:  
Fresh Grapes  
Pineapple

Choice of Milk

**MARCH 17**  
**Follow a Rainbow  
to a Pot o' Gold!**Daily Lunch Entrée  
Choices

Monday—Small Chef Salad

Tuesday—Stuffed Crust Pizza

Wednesday—Hamburger/Bun

Thursday—Nachos

Friday—Small Chef Salad

Students may select one of the menued entrées  
or one of the above.**Wednesday, March 18**Stuffed Crust  
Cheese PizzaChoose 1 or 2:  
French Fries  
Corn  
Carrots/TomatoesChoose 1 or 2:  
Applesauce  
Fresh Fruit**Thursday, March 19**

BBQ/Swirl Bun

Choose 1 or 2:  
Coleslaw  
Green Beans  
Carrots/TomatoesChoose 1 or 2:  
Fresh Orange  
Peaches

Choice of Milk

**Friday, March 20**

Chicken Sandwich

Choose 1 or 2:  
Mashed Potatoes  
Broccoli  
Carrots/TomatoesChoose 1 or 2:  
Sliced Apples  
Fresh Fruit

Choice of Milk

**Monday, March 23**

Buffalo Sticks

Choose 1 or 2:  
Tossed Salad  
Carrots/TomatoesChoose 1 or 2:  
Fresh Fruit  
Mandarin Oranges

Choice of Milk

**Tuesday, March 24**

CornDog

Choose 1 or 2:  
French Fries  
Chuckwagon Beans  
Carrots/TomatoesChoose 1 or 2:  
Fresh Fruit  
Pears

Choice of Milk

**Wednesday, March 25**

Chicken Sandwich

Choose 1 or 2:  
Potato Rounds  
Corn  
Carrots/TomatoesChoose 1 or 2:  
Applesauce  
Fresh Fruit

Choice of Milk

**Thursday, March 26**

Salisbury Steak/Roll

Choose 1 or 2:  
Mashed Potatoes  
Broccoli  
Carrots/TomatoesChoose 1 or 2:  
Mixed Fruit  
Fresh Fruit

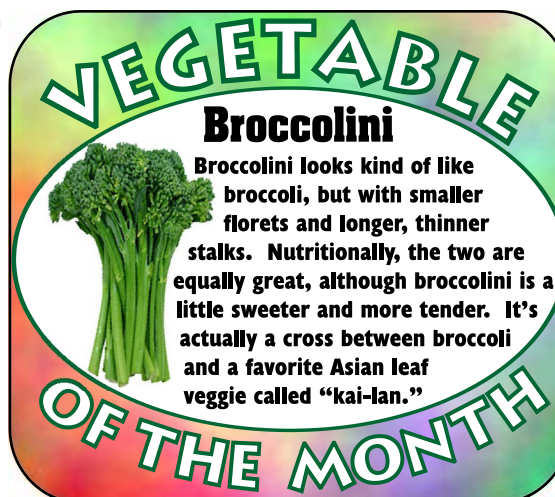
Choice of Milk

**Friday, March 27**

Macaroni &amp; Cheese

Choose 1 or 2:  
Green Peas  
Carrots/TomatoesChoose 1 or 2:  
Fresh Fruit  
Peaches

Choice of Milk

**Monday, March 30**

Hotdog/Bun

Choose 1 or 2:  
Baked Beans  
Potato Rounds  
Carrots/TomatoesChoose 1 or 2:  
Pears  
Fresh Fruit

Choice of Milk

**Tuesday, March 31**

Hamburger/Bun

Choose 1 or 2:  
Vegetable Medley  
French Fries  
Carrots/TomatoesChoose 1 or 2:  
Fresh Fruit  
Pineapple

Choice of Milk