

BREAKFAST

March 2017

Daylight Saving
Time Begins
March 12th @ 2:00 a.m.

St. Patrick's Day
March 17th

Welcome Spring!
March 20th

Spring Break
March 20th - 24th

** We think that **eating breakfast** is important, so we are dedicating a whole week, March 6-10 to celebrate this morning meal!

Children need plenty of nutrients for proper growth and for the proper development of strong immune systems.

Certain breakfast foods such as fruits and whole grains can help supply these nutrients.

Teachers say that they notice greater alertness and fewer behavioral issues among students who have eaten breakfast.



Breakfast Menu

EVERY DAY FAVORITES

- Kellogg's™ Pop-tart® twin-pack
- Blueberry Muffin
- Breakfast Bun
- Cereal BIG Cup
- Yogurt Parfait with Granola topping
- Mini Pancakes, French Toast, Mini Cinnis



WEEKLY FAVORITES

- Offered in addition to the everyday favorites.
- On Mondays, Tuesdays, Thursdays & Fridays: Sausage or Chicken Biscuit
- On Wednesdays: Bacon, Egg, & Cheese Biscuit
- Choose 1 favorite choice from above.
- Fresh Fruit. Juice and Milk are included too - at no extra cost.

LUNCH LINE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
GRAB 'N GO	Breakfast at School <ul style="list-style-type: none"> • Breakfast is available to everyone every day! • We offer many different options daily to choose from! • Breakfast is planned to meet USDA nutrition standards which require whole grains, proper calories for age, low saturated fat content and no trans fats. • Students are required to pick up a fruit or juice every day with their breakfast. 		¹ Soft Shell Taco 3/1 ² Chicken Fajita <i>both offered with cheese Vegetables (choose many)</i> Fresh Toppings, Steamed Corn <i>Fruit (can choose one of each)</i> Fresh Banana and Fruit Cup	Clubhouse SUB 3/2 with Chips <i>Vegetables (choose many)</i> Fresh Steamed Broccoli <i>Fruit (can choose one of each)</i> Fresh Strawberries and Fruit Cup	Slice of Big Daddy's Pizza 3/3 <i>Vegetables (choose many)</i> Turnip Greens Fresh Garden Salad <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	
FOREIGN FLARE & HOME COOKING	MEAL PRICES Student breakfast: \$1.75 Reduced breakfast: .30 Adult breakfast: \$2.05		WHAT'S INCLUDED IN THE PRICE? 100% Fruit Juice Fresh Fruit 8 oz. carton of Milk AND 1 favorite choice (e.g. biscuit, muffin, cereal, yogurt parfait, pancakes etc.)	¹ Soft Shell Taco ² Chicken Fajita <i>both offered with cheese Vegetables (choose many)</i> Fresh Toppings, Steamed Corn <i>Fruit (can choose one of each)</i> Fresh Banana and Fruit Cup	Mandarin Orange Chicken over Rice <i>Vegetables (choose many)</i> Steamed Fresh Broccoli Vegetable Egg Roll <i>Fruit (can choose one of each)</i> Fresh Strawberries and Fruit Cup	Slice of Big Daddy's Pizza <i>Vegetables (choose many)</i> Turnip Greens Fresh Garden Salad <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup
SOS Salads & Stuff			Salads: Chef or Grilled Chicken with Crackers <i>Fruit (can choose one of each)</i> Fresh Banana and Fruit Cup	Salads: Chef or Chicken Spinach with Crackers <i>Fruit (can choose one of each)</i> Fresh Strawberries and Fruit Cup	POTATO BAR (Russet & Sweet) with toppings, Garden Salad <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	

GRAB 'N GO	Hot Dog on Bun 3/6 <i>Vegetables (choose many)</i> Cole Slaw, Baked Beans Red Roasted Potatoes <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	¹ Bosco Sticks 3/7 ² Beefy Chili Beans, crackers <i>Vegetables (choose many)</i> Steamed Corn, BLT Chop Salad <i>Fruit (can choose one of each)</i> Fresh Grapes and Fruit Cup	BBQ Sandwich 3/8 with Chips, Cole-Slaw <i>Vegetables (choose many)</i> Assorted Vegetables <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	LINE CLOSED TODAY 3/9	Slice of Big Daddy's Pizza 3/10 <i>Vegetables (choose many)</i> Green Peas, Garden Salad <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup
FOREIGN FLARE & HOME COOKING	Hot Dog on Bun <i>Vegetables (choose many)</i> Cole Slaw, Baked Beans Red Roasted Potatoes <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	¹ Bosco Sticks ² Beefy Chili Beans, crackers <i>Vegetables (choose many)</i> Steamed Corn, BLT Chop Salad <i>Fruit (can choose one of each)</i> Fresh Grapes and Fruit Cup	Spaghetti with Meat or Marinara Sauce offered with Breadstick <i>Vegetables (choose many)</i> Assorted Vegetables <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	¹ Oven Roasted Chicken ² Sliced Ham <i>offered with School Roll Vegetables (choose many)</i> Green Beans, Mashed Potatoes <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	Slice of Big Daddy's Pizza <i>Vegetables (choose many)</i> Green Peas Garden Salad <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup
SOS Salads & Stuff	Salads: Chef or Gr. Chicken with Crackers, Baked Beans <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	Salads: Chef or Grilled Chicken with Crackers <i>Fruit (can choose one of each)</i> Fresh Grapes and Fruit Cup	Salads: Chef or Grilled Chicken with Crackers <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	Salads: Chef or Chicken and Spinach with Crackers <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	POTATO BAR (Russet & Sweet) with toppings, Garden Salad <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup

LUNCH LINE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRAB 'N GO	¹ Popcorn Chicken 3/13 ² Bowl of Vegetable Chili Yukon Gold Potatoes Fresh Steamed Broccoli <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	¹ Cheeseburger ² Deli Chicken Sand. <i>Vegetables (choose many)</i> L/T/P, Green Beans, Corn ^{on the} Cob Roasted Parmesan Carrots <i>Fruit (can choose one of each)</i> Fresh Fruit and Strawberry Cup	¹ Grilled Cheese Sandwich 3/15 ² PBJ ³ Sunbutter® & Jelly <i>Vegetables (choose many)</i> Vegetable Beef Soup, Salad <i>Fruit (can choose one of each)</i> Fresh Grapes and Fruit Cup	LINE CLOSED TODAY 3/16	Stromboli with Pizza Sauce 3/17 <i>Vegetables (choose many)</i> Roasted Cauliflower BLT Chop Salad <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup
FOREIGN FLARE & HOME COOKING	¹ Popcorn Chicken ² Bowl of Vegetable Chili Yukon Gold Potatoes Fresh Steamed Broccoli <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	¹ Cheeseburger ² Deli Chicken Sand. <i>Vegetables (choose many)</i> L/T/P, Green Beans, Corn ^{on the} Cob Roasted Parmesan Carrots <i>Fruit (can choose one of each)</i> Fresh Fruit and Strawberry Cup	¹ Grilled Cheese Sandwich ² PBJ ³ Sunbutter® & Jelly <i>Vegetables (choose many)</i> Vegetable Beef Soup, Salad <i>Fruit (can choose one of each)</i> Fresh Grapes and Fruit Cup	¹ Sliced Turkey Roast ² Sliced Ham <i>offered with School Roll</i> <i>Vegetables (choose many)</i> Blk-eyed Peas, Mashed Potatoes <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	Stromboli with Pizza Sauce <i>Vegetables (choose many)</i> Roasted Cauliflower BLT Chop Salad <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup
SOS Salads & Stuff	Salads: Chef or Grilled Chicken with Crackers <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	Salads: Chef or Grilled Chicken with Crackers <i>Fruit (can choose one of each)</i> Fresh Fruit and Strawberry Cup	Salads: Chef or Grilled Chicken with Crackers <i>Fruit (can choose one of each)</i> Fresh Grapes and Fruit Cup	Salads: Chef or Chicken and Spinach with Crackers <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	POTATO BAR (Russet & Sweet) with toppings, BLT Chop Salad <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup



March 20th – 24th
Students return March 27th



LUNCH LINE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRAB 'N GO	Buffalo Chicken Wings, Roll 3/27 <i>Vegetables (choose many)</i> Fries, Organic Celery Sticks Pinto Beans <i>Fruit (can choose one of each)</i> Orange Wedges and Fruit Cup	¹ Turkey & Cheese Sub ² Tuna Salad ³ Steak & Cheese Sub ^{OR} ⁴ Hummus all offered w/ chips <i>Vegetables (choose many)</i> Fresh Toppings, Carrots w/ dip <i>Fruit (can choose one of each)</i> Fresh Strawberries and Fruit Cup	BBQ Sandwich with Chips 3/29 <i>Vegetables (choose many)</i> Cole-Slaw, Green Beans Cucumber Slices <i>Fruit (can choose one of each)</i> Fresh Grapes and Fruit Cup	Hot Ham & Cheese Sub 3/30 with Chips, L/T/P <i>Vegetables (choose many)</i> Fresh Steamed Broccoli <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	Slice of Big Daddy's® Pizza 3/31 <i>Vegetables (choose many)</i> Steamed Corn, Garden Salad Fresh Red Bell Pepper Strips <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup
FOREIGN FLARE & HOME COOKING	Buffalo Chicken Wings, Roll <i>Vegetables (choose many)</i> Fries, Organic Celery Sticks Pinto Beans <i>Fruit (can choose one of each)</i> Orange Wedges and Fruit Cup	¹ Turkey & Cheese Sub ² Tuna Salad ³ Steak & Cheese Sub ^{OR} ⁴ Hummus all offered w/ chips <i>Vegetables (choose many)</i> Fresh Toppings, Carrots w/ dip <i>Fruit (can choose one of each)</i> Fresh Strawberries and Fruit Cup	¹ PBJ, ^{OR} ² Grilled Cheese ^{OR} ³ Sunbutter® & Jelly Sandwich <i>offered with Chicken Rice Soup</i> <i>Vegetables (choose many)</i> Assorted Veggies <i>Fruit (can choose one of each)</i> Fresh Grapes and Fruit Cup	BBQ Chicken Teriyaki over Rice <i>Vegetables (choose many)</i> Vegetable Egg Roll Fresh Steamed Broccoli <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	Slice of Big Daddy's® Pizza <i>Vegetables (choose many)</i> Steamed Corn, Garden Salad Fresh Red Bell Pepper Strips <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup
SOS Salads & Stuff	Salads: Chef or Grilled Chicken with Crackers and Pinto Beans <i>Fruit (can choose one of each)</i> Orange Wedges and Fruit Cup	Salads: Chef or Grilled Chicken with Crackers <i>Fruit (can choose one of each)</i> Fresh Strawberries and Fruit Cup	Salads: Chef or Grilled Chicken with Crackers <i>Fruit (can choose one of each)</i> Fresh Grapes, Fruit Cup	Salads: Chef or Chicken and Spinach with Crackers <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	POTATO BAR (Russet & Sweet) with toppings, Salad, Pepper Strips <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup



Friendlier Fast Food



Always plan ahead so you can make each meal as healthy as possible and avoid the fast food trap. However, no matter how much you plan, there are times when you only have time for fast food. These tips will help you make fast food as health "friendly" as possible.

Skip the sides—Order only the sandwich. Most fast food sandwiches are plenty filling without the added fat and calories of a side item.

Share the fries—If you must have fries with your sandwich, order a small order or share them with a friend or family member.

Baked potato instead of a sandwich—Some restaurants offer baked potatoes plain or with all the fixings. Of course, the more toppings (butter, sour cream, cheese, bacon) that you add, the less healthy it becomes. Try to limit your toppings to one or two.

Go for the grilled—Poultry without the skin is much leaner than the meats most fast-food companies use in their burgers, and it may be less processed. Choose a grilled chicken sandwich whenever possible.

Skip the "Value Size" - When you supersize your fast food order, the size of your fries and drink aren't the only thing that gets bigger!

Drink water, 100% fruit juice or low-fat milk—Sodas are loaded with sugars and calories that you don't need. Water is readily available at most restaurants and it's good for you!