



National School Breakfast Week

\*\* We think that **eating breakfast** is important, so we are dedicating a whole week, **March 5-9** to celebrate this morning meal!

During this week, the cafeteria staff will be highlighting the importance of starting each day off with a nutritious school breakfast. Did you know that students who eat breakfast are more likely to reach higher levels of achievement, score higher on standardized tests, exhibit better concentration, be more alert and maintain a healthy weight.

If your child hasn't tried breakfast at school, **National School Breakfast Week** is the perfect opportunity for them to check out the many yummy options that are offered in the cafeteria each morning.

Daylight Saving  
 Time Begins  
 March 11<sup>th</sup> @ 2:00 a.m.  
 Welcome Spring!  
 Tuesday, March 20<sup>th</sup>  
 1:00 pm dismissal  
 Friday, March 30<sup>th</sup>

**Breakfast Menu**

**EVERY DAY FAVORITES**

- Kellogg's™ Pop-tart® twin-pack
- Breakfast Muffin / Breakfast Bun
- Banana Chocolate Chunk Bar
- Cereal BIG Cup
- Yogurt Parfait with Granola topping
- Mini Pancakes, Mini Cinnis



**WEEKLY FAVORITES**

Offered in addition to the everyday favorites.

Mondays, Tuesdays, Thursdays & Fridays: Sausage or Chicken Biscuit

Wednesdays: Breakfast Pizza, Chicken 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	<p><b>Breakfast at School</b></p> <ul style="list-style-type: none"> <li>• Breakfast is available to everyone every day!</li> <li>• We offer many different options daily to choose from!</li> <li>• Breakfast is planned to meet USDA nutrition standards which require whole grains, proper calories for age, low saturated fat content and no trans fats.</li> <li>• Students are required to pick up a fruit or juice every day with their breakfast.</li> </ul>		<p>Did you know?</p> <p><b>Schools all over the United States serve breakfast to over 14 million children each school day!</b></p>	<sup>1</sup> Clubhouse SUB <sup>2</sup> PBJ <sup>3/1</sup> both offered with chips Vegetables (choose many) Steamed Broccoli, Celery Sticks Fruit (can choose one of each) Fresh Strawberries and Fruit Cup	Slice of Big Daddy's Pizza <sup>3/2</sup> Vegetables (choose many) Turnip Greens, Cucumber Slices Fresh Garden Salad Fruit (can choose one of each) Fresh Fruit and Fruit Cup	
FOREIGN FLARE & HOME COOKING	<p><b>MEAL PRICES</b></p> <p>Student breakfast: \$1.75                      Reduced breakfast: .30                      Adult breakfast: \$2.05</p>			<p><b>WHAT'S INCLUDED IN THE PRICE?</b></p> <p>100% Fruit Juice                      Fresh Fruit                      8 oz. carton of Milk AND                      1 favorite choice (e.g. biscuit, cereal, yogurt parfait, pancakes etc.)</p>	<sup>1</sup> Mandarin Orange Chicken served over Rice Vegetables (choose many) Steamed Broccoli Vegetable Egg Roll Fruit (can choose one of each) Fresh Strawberries and Fruit Cup	Slice of Big Daddy's Pizza Vegetables (choose many) Turnip Greens, Cucumber Slices Fresh Garden Salad Fruit (can choose one of each) Fresh Fruit and Fruit Cup
SOS Salads & Stuff					Salads: Chef or Chicken Spinach with Crackers Fruit (can choose one of each) Fresh Strawberries and Fruit Cup	POTATO BAR (Russet & Sweet) with toppings, Garden Salad Fruit (can choose one of each) Fresh Fruit and Fruit Cup
GRAB 'N GO	Hot Dog on Bun <sup>3/5</sup> Vegetables (choose many) Fries, Cole Slaw Baked Beans Fruit (can choose one of each) Fresh Fruit and Fruit Cup	<sup>1</sup> Bosco Sticks <sup>3/6</sup> <sup>2</sup> Grilled Chicken Sandwich, L/T/P Vegetables (choose many) Steamed Corn, Turnip Greens Fruit (can choose one of each) Fresh Grapes and Fruit Cup	BBQ Sandwich with Chips <sup>3/7</sup> Vegetables (choose many) Cole-Slaw, Green Beans Cucumber Slices Fruit (can choose one of each) Fresh Fruit and Fruit Cup	LINE CLOSED TODAY <sup>3/8</sup>	Pizza Crunchers <sup>3/9</sup> Vegetables (choose many) Steamed Broccoli, Garden Salad Roasted Parmesan Carrots Fruit (can choose one of each) Fresh Fruit and Strawberry Cup	
FOREIGN FLARE & HOME COOKING	Hot Dog on Bun Vegetables (choose many) Fries, Cole Slaw Baked Beans Fruit (can choose one of each) Fresh Fruit and Fruit Cup	<sup>1</sup> Bosco Sticks <sup>2</sup> Grilled Chicken Sandwich, L/T/P Vegetables (choose many) Steamed Corn, Turnip Greens Fruit (can choose one of each) Fresh Grapes and Fruit Cup	<sup>1</sup> PBJ OR <sup>2</sup> Grilled Cheese OR <sup>3</sup> Sunbutter® & Jelly Sandwich offered with Chick. Noodle Soup Asst. Vegetables (choose many) Fruit (can choose one of each) Fresh Fruit and Fruit Cup	<sup>1</sup> Oven Roasted Chicken <sup>2</sup> Sliced Ham offered with School Roll Vegetables (choose many) Green Beans, Mashed Potatoes Fruit (can choose one of each) Fresh Apple Slices and Fruit Cup	Pizza Crunchers Vegetables (choose many) Steamed Broccoli, Garden Salad Roasted Parmesan Carrots Fruit (can choose one of each) Fresh Fruit and Strawberry Cup	
SOS Salads & Stuff	Salads: Chef or Grilled Chicken with Crackers, Baked Beans Fruit (can choose one of each) Fresh Fruit and Fruit Cup	Salads: Chef or Grilled Chicken with Crackers Fruit (can choose one of each) Fresh Grapes and Fruit Cup	Salads: Chef or Grilled Chicken with Crackers Fruit (can choose one of each) Fresh Fruit and Fruit Cup	Salads with Crackers OR PBJ Uncrustable® with Veggies Fruit (can choose one of each) Fresh Apple Slices and Fruit Cup	POTATO BAR (Russet & Sweet) with toppings, Garden Salad Fruit (can choose one of each) Strawberry Cup and Fruit Cup	

LUNCH LINE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRAB 'N GO	<sup>1</sup> Popcorn Chicken 3/12 <sup>2</sup> Bowl of Vegetable Chili Yukon Gold Potatoes Fresh Steamed Broccoli <i>Fruit (can choose one of each)</i> Orange Wedges and Fruit Cup	<sup>1</sup> Cheeseburger <sup>2</sup> Deli Chicken Sand. <i>Vegetables (choose many)</i> L/T/P, Green Beans, Corn <sup>on the</sup> Cob Red Bell Pepper Strips <i>Fruit (can choose one of each)</i> Chilled Peach Cup	<sup>1</sup> Grilled Cheese Sandwich 3/14 <sup>2</sup> PBJ <sup>3</sup> 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 3/15	Slice of Big Daddy's Pizza 3/16 <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	<sup>1</sup> Popcorn Chicken <sup>2</sup> Bowl of Vegetable Chili Yukon Gold Potatoes Fresh Steamed Broccoli <i>Fruit (can choose one of each)</i> Orange Wedges and Fruit Cup	<sup>1</sup> Cheeseburger <sup>2</sup> Deli Chicken Sand. <i>Vegetables (choose many)</i> L/T/P, Green Beans, Corn <sup>on the</sup> Cob Red Bell Pepper Strips <i>Fruit (can choose one of each)</i> Chilled Peach Cup	<sup>1</sup> Grilled Cheese Sandwich <sup>2</sup> PBJ <sup>3</sup> Sunbutter® & Jelly <i>Vegetables (choose many)</i> Vegetable BEEF Soup, Salad <i>Fruit (can choose one of each)</i> Fresh Grapes and Fruit Cup	<sup>1</sup> Sliced Turkey <sup>2</sup> 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	Slice of Big Daddy's Pizza <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> Orange Wedges and Fruit Cup	Salads: Chef or Grilled Chicken with Crackers <i>Fruit (can choose one of each)</i> Chilled Peach Cup	Salads: Chef or Grilled Chicken with Crackers <i>Fruit (can choose one of each)</i> Fresh Grapes and Fruit Cup	Salads with Crackers OR PBJ Uncrustable® with Veggies <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
GRAB 'N GO	Buffalo Chicken Wings, Roll 3/19 <i>Vegetables (choose many)</i> French Fries, Pinto Beans Celery Sticks <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	<sup>1</sup> Turkey & Cheese Sub <sup>2</sup> Chicken Salad <sup>3</sup> Steak & Cheese Sub all offered with CHIPS <i>Vegetables (choose many)</i> Fresh Toppings, Carrots w/ dip <i>Fruit (can choose one of each)</i> Fresh Strawberries and Fruit Cup	Fish Fillet on Bun with Chips 3/21 <i>Vegetables (choose many)</i> Cole-Slaw, Green Beans Cucumber Slices <i>Fruit (can choose one of each)</i> Fresh Grapes and Fruit Cup	<sup>1</sup> Manager Planned Sandwich <sup>2</sup> PBJ both offered with chips <i>Vegetables (choose many)</i> Steamed Broccoli, Celery Sticks <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	Stromboli with Pizza Sauce 3/23 <i>Vegetables (choose many)</i> Steamed Corn Garden Salad <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> French Fries, Pinto Beans Celery Sticks <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	<sup>1</sup> Turkey & Cheese Sub <sup>2</sup> Chicken Salad <sup>3</sup> Steak & Cheese Sub all offered with CHIPS <i>Vegetables (choose many)</i> Fresh Toppings, Carrots w/ dip <i>Fruit (can choose one of each)</i> Fresh Strawberries and Fruit Cup	<sup>1</sup> PBJ, <sup>OR</sup> <sup>2</sup> Grilled Cheese <sup>OR</sup> <sup>3</sup> 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	<sup>1</sup> Mandarin Orange Chicken <i>served over Rice</i> <i>Vegetables (choose many)</i> Steamed Broccoli Vegetable Egg Roll <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	Stromboli with Pizza Sauce <i>Vegetables (choose many)</i> Steamed Corn 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 and Pinto 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 Strawberries 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 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
GRAB 'N GO	<sup>1</sup> Corn Dog Nuggets 3/26 <sup>2</sup> Manager Planned Entrée <i>Vegetables (choose many)</i> Baked Beans, Red Potatoes <i>Fruit (can choose one of each)</i> Orange Wedges and Fruit Cup	<sup>1</sup> Chicken Fajita or <sup>2</sup> Taco 3/27 over Chips with Cheese <i>Vegetables (choose many)</i> Fresh fixin's, Guacamole, Corn <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	<sup>1</sup> Deli Chicken Sandwich <sup>2</sup> Grilled Cheese or <sup>3</sup> Sunbutter® & Jelly offered with Baked Potato Soup <i>Assorted Veggies (choose many)</i> <i>Fruit (can choose one of each)</i> Fresh Grapes and Fruit Cup	<sup>1</sup> Classic Chili with chips & cheese <sup>2</sup> PBJ w/ chips <i>Vegetables (choose many)</i> Green Beans, Baby Carrots <i>Fruits (can choose one of each)</i> Fresh Strawberries and Fruit Cup <sup>1</sup> <i>Homemade Gingerbread</i>	Slice of Big Daddy's® Pizza 3/30 <i>Vegetables (choose many)</i> Steamed Broccoli Garden Salad, Pepper Strips <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup
FOREIGN FLARE & HOME COOKING	<sup>1</sup> Corn Dog Nuggets <sup>2</sup> Manager Planned Entree <i>Vegetables (choose many)</i> Baked Beans, Red Potatoes <i>Fruit (can choose one of each)</i> Orange Wedges and Fruit Cup	<sup>1</sup> Chicken Fajita or <sup>2</sup> Taco over Chips with Cheese <i>Vegetables (choose many)</i> Fresh fixin's, Guacamole, Corn <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	<sup>1</sup> Deli Chicken Sandwich <sup>2</sup> Grilled Cheese or <sup>3</sup> Sunbutter® & Jelly offered with Baked Potato Soup <i>Assorted Veggies (choose many)</i> <i>Fruit (can choose one of each)</i> Fresh Grapes and Fruit Cup	Macaroni and Cheese <i>Vegetables (choose many)</i> Green Beans, Baby Carrots <i>Fruits (can choose one of each)</i> Fresh Strawberries and Fruit Cup <i>Homemade Gingerbread</i>	Slice of Big Daddy's® Pizza <i>Vegetables (choose many)</i> Steamed Broccoli Garden Salad, 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, Baked 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 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 Chicken and Spinach with Crackers <i>Fruit (can choose one of each)</i> Fresh Strawberries and Fruit Cup	Grilled Chicken Salad with Crackers <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup