



MARCH | 2018

Primary and Van Elementary

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
| | | | 1 Breakfast: Breakfast Pizza Fruit-Fresh fruit-Milk Lunch: Salisbury Steak Mashed Potato & Gravy Vegetable Peaches Dinner Roll Milk | 2 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Stuffed Breadsticks/Sauce Baby Carrots Celery Juice Milk |
| 5 Breakfast: Pancake Fruit-Fresh Fruit-Milk Lunch: Sub Sandwich Baby Carrots Celery Sticks Baked Apples Milk | 6 Breakfast: Toast Juice-Fresh Fruit-Milk Lunch: Beef Tacos 2 Soft Shells Lettuce-Cheese-Salsa Refried Beans Juice Milk | 7 Breakfast: Breakfast Casserole-Biscuit-Fruit-Milk Lunch: Turkey & Cheese Sandwich Broccoli Cauliflower Grapes Milk | 8 Breakfast: Yogurt/Cracker Fruit-Fresh Fruit-Milk Lunch: Ham Scalloped Potato Winter B lend Peaches Dinner Roll Milk | 9 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Cheese Pizza Green Beans Juice Milk |
| 12 Breakfast: Waffle Fruit-Fresh Fruit-Milk Lunch: Chef Salad Grape Tomato/Cucumber Orange Wedges Breadstick Milk | 13 Breakfast: Toast Juice-Fresh Fruit-Milk Lunch: Chicken Tacos 2 Soft Shells Lettuce-Cheese-Salsa Refried Bean Juice Milk | 14 Breakfast: Ham & Cheese Croissant Hash brown-Fruit-Milk Lunch: Corn Dog Baby Carrots Baked Beans Pears Milk | 15 Breakfast: Muffin Fruit-Fresh Fruit-Milk Lunch: Roast Turkey Mashed Potato & Gravy Capri Vegetable Peaches Dinner Roll Milk | 16 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Cheesy Quesadilla Broccoli Mixed Squash Juice Milk |
| 19 Breakfast: Flapstick Fruit-Fresh Fruit-Milk Lunch: Ham & Cheese Sandwich Baked Beans Baby Carrots Juice Rice Krispie Milk | 20 Breakfast: Toast Juice-Fresh Fruit-Milk Lunch: Beef Tamales Lettuce-Cheese-Salsa Refried Bean Pears Milk | 21 Breakfast: Breakfast Casserole-Biscuit-Fruit-Milk Lunch; Sausage Pizza Broccoli Cauliflower Juice Milk | 22 Breakfast: Cereal & Toast Fruit-Fresh Fruit-Milk Lunch: Chicken Noodles Mashed Potato Vegetable Fruit Milk | 23  |
| 26  | 27 Spring Break  | 28 Spring Break  | 29 Spring Break  | 30  |

News



Put Your Best Fork Forward

March is National Nutrition Month & It's a great time to remember that eating right doesn't have to be complicated—simply begin to shift to healthier food & beverage choice. These recommendation from the dietary Guideline for American can help get you started

- >Emphasize fruit, vegetables, whole grains & low-fat or fat-free Milk & milk products.
- >Include lean meats, poultry, fish beans, eggs & nuts.
- >Make sure you diet is low in saturated fats, Trans fats, salt, & added sugars.

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Eat Right!