









MARCH | 2024

Van Elementary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 Breakfast: French Toast Fruit-Juice-Milk Lunch: Chicken Nuggets Glazed Carrots Vegetable Fruit Milk	27 Breakfast: Toast Fresh Fruit-Juice-Milk Lunch: Beef Tacos (2) Soft Shells Lettuce-Salsa-Cheese Refried Beans Juice Milk	28 Breakfast: Breakfast Pizza Fruit-Juice-Milk Lunch: Cheese Pizza Broccoli Cauliflower Banana Milk	29 Breakfast: UBR Fruit-Fresh-Juice-Milk Lunch: Chicken Noodle Soup-Crackers Grilled Cheese Sandwich Carrots Cucumber-Celery Juice Milk	1 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Fish Shapes California Blend Juice Goldfish Crackers Milk
4 Breakfast: Pancake Fruit-Juice- Milk Lunch: Cheeseburger on Bun Sliced Tomato/Lettuce French Fries Fruit Cocktail Milk	5 Breakfast: Toast Fresh Fruit-Juice-Milk Lunch: Nacho Naturals-Chips Refried Beans-Salsa Fiesta Corn Juice Milk	6 Breakfast: Biscuit Fruit-Juice-Milk Lunch: Sausage Pizza Broccoli Cauliflower Jell-O with Fruit Milk	7 Breakfast: Cinnamon Roll Fruit-Juice-Milk Lunch: Spaghetti Green Beans Applesauce Breadstick Milk	8 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Cheese Pizza Tossed Salad Grape Tomato/Cucumbers Juice Milk
11 Breakfast: Waffle Fruit-Juice-Milk Lunch: Sub Sandwich Sliced Tomato/Lettuce Baby Carrots Applesauce Milk	12 Breakfast: Toast Fresh Fruit-Juice-Milk Lunch: Chicken Tacos (2) Soft Shells Lettuce-Salsa-Cheese Refried Beans Juice Milk	13 Breakfast: Yogurt-Cracker Fruit-Juice-Milk Lunch: Pepperoni Pizza Broccoli Cauliflower Strawberries Milk	14 Breakfast: Bagel Fruit-Juice-Milk Lunch: Chicken Noodles Mashed Potato Peas & Carrots Peaches Dinner Roll Milk	15 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: (2) Stuffed Breadsticks/Sauce Californian Blend Juice Cookie Milk
18 Breakfast: Flapstick Fruit-Juice-Milk Lunch: Chicken Leg Broccoli Vegetable Applesauce Rice Krispie Milk	19 Breakfast: Toast Fresh Fruit-Juice-Milk Lunch: Quesadilla Refried Bean Vegetable Fruit Milk	20 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Hot Dog on Bun Glazed Carrots Baked Beans Fruit Milk	21 Breakfast: UBR: Fruit-Juice-Milk Lunch: Ham & Cheese Sandwich Vegetable Fruit Milk	22 Spring Break 
25 	26 Spring Break 	27 Spring Break 	28 Spring Break 	29 

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 sugar.

March is National Nutrition Month

Eat Right!