



# MARCH | 2020

## Van Elementary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Breakfast: Waffle Juice Fresh Fruit Milk Lunch: Corn Dog Baked Beans Carrot Fruit Milk	<b>3</b> Breakfast: Toast Juice Fruit Milk Lunch: Beef Tacos (2) Shells Lettuce-Cheese-Salsa Refried Beans Fruit Milk	<b>4</b> Breakfast: Sausage Biscuit Fruit Juice Milk Lunch: Turkey & Cheese Sandwich Sliced Tomato-Lettuce Celery Jell-O with Fruit Cookie Milk	<b>5</b> Breakfast: Breakfast Pizza Juice Fresh Fruit Milk Lunch: Ham Scalloped with Cheese Peas Peaches 1 Slice of Bread Milk	<b>6</b> Breakfast: Cereal & Toast Juice Fruit Milk Lunch: Cheese Pizza Broccoli Cauliflower Juice Milk
<b>9</b> Breakfast: Pancake Juice Fresh Fruit Milk Lunch: Sub Sandwich Carrots Celery Fruit Cocktail Frito Chips Milk	<b>10</b> Breakfast: Toast Juice Fruit Milk Lunch: Nacho Naturals Refried Beans-Salsa Corn Juice Milk	<b>11</b> Breakfast: Yogurt & Cracker Fruit Juice Milk Lunch: Sausage Pizza Broccoli Cauliflower Pears Milk	<b>12</b> Breakfast: Ham & Cheese Croissant Fruit Juice Milk Lunch: Chicken Noodle Mashed Potato Green Beans Baked Apple Dinner Roll Milk	<b>13</b> Breakfast: Cereal & Toast Juice Fruit Milk Lunch: Fish Shapes Winter Blend Cucumber Juice Teddy Grahams Milk
<b>16</b> Breakfast: French Toast Juice Fresh Fruit Milk Lunch: Chef Salad Grape Tomato-Cucumber Orange Wedges Breadstick Milk	<b>17</b> Breakfast: Toast Juice Fruit Milk Lunch: Chicken Tacos (2) Soft Shells Refried Beans-Salsa Vegetable Juice Milk	<b>18</b> Breakfast: UBR Fresh Fruit Fruit Milk Lunch: Spaghetti-Cheese Green Beans Jell-O with Fruit Garlic Bread Milk	<b>19</b> Breakfast: Cook's Choice Fruit Juice Milk Lunch: Hot Dog on Bun Vegetable Applesauce Milk	<b>20</b>  <i>Spring Break</i>
<b>23</b>  <i>Spring Break</i>	<b>24</b>  <i>Spring Break</i>	<b>25</b>  <i>Spring Break</i>	<b>26</b>  <i>Spring Break</i>	<b>27</b>  <i>Spring Break</i>
<b>30</b> Breakfast: Pancake Wrap Juice Fresh Fruit Milk Lunch: Chicken Nuggets Winter Blend Peaches Soft Pretzel-Dip Milk	<b>31</b> Breakfast: Toast Juice Fruit Milk Lunch: Quesadilla Salsa Refried Beans Vegetable Pineapple Milk	<b>1</b> Breakfast: English Muffin Fresh Fruit Fruit Milk Lunch: Pepperoni Pizza Broccoli Cauliflower Juice Milk	<b>2</b> Breakfast: Cereal & Toast Fruit Fresh Fruit Milk Lunch: Chicken Noodles Mashed Potato California Blend Peaches Dinner Roll Milk	<b>3</b> Breakfast: Breakfast Pizza Juice Fruit Milk Lunch: (2) Stuffed Breadsticks-Sauce Carrot Celery Juice Milk

### News

**Why Start the Day  
with a  
Growling Stomach?  
Come to School Breakfast  
everyone  
is welcome  
and it's Free!**



**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 begun 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.**