<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Side</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, March 2</td>
<td>Whole Grain Waffle Sticks</td>
<td>Chicken Taquitos w/Salsa</td>
<td>Savory Baked Beans</td>
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<td></td>
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<td>Or Artisan Style Whole Grain French Bread</td>
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<td>Cheese Pizza</td>
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<tr>
<td>Tuesday, March 3</td>
<td>Bean &amp; Cheese Breakfast Wrap</td>
<td>Tyson Chicken Tender Filets Or</td>
<td>Vegetable Refried Beans</td>
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<td></td>
<td></td>
<td>Chile Verde Cheese Enchiladas</td>
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<td>Side: Goldfish Crackers</td>
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START FRESH WITH FRUIT!

Every complete Breakfast@School must include a serving of fruit. That's putting FIRST THINGS FIRST!

Wednesday, March 4
- Breakfast: Pancake Pork Sausage Wrap
- Lunch: Spicy Sichuan Chicken, or Mini Beef Cheeseburger Sliders
- Side: California Brown Rice

Thursday, March 5
- Breakfast: Chicken Tortilla Crispito Wrap w/Salsa
- Lunch: Beef Sloppy Joe Manwich, or Corn Doggy (Chicken)
- Side: Baked Potato Spuds

Friday, March 6
- Breakfast: Apple Cinnamon Texas Toast
- Lunch: Chicken Little Grilled Sliders, or Hot Off the Grill! Grilled Cheese Sandwich

Monday, March 9
- Breakfast: Maple Burst Mini Pancakes
- Lunch: Kona Coast Teriyaki Chicken, or Mini Beef Cheeseburger Sliders
- Side: Hawaiian Style Whole Grain Brown Rice

Tuesday, March 10
- Breakfast: Harvest Apple Grain Bar Pancakes
- Lunch: Tyson Chicken Tender Filets Or Home-style Jennie O’ Turkey w/Gravy
- Side: Mashed Potatoes, Whole Grain Biscuit w/Jelly

Wednesday, March 12
- Breakfast: Cheese Toast
- Lunch: Zesty Chicken Patty on Whole Grain Bun, or Fernando’s Cheese & Bean Whole Grain Burrito w/Taco Sauce
- Side: Baked Potato Spuds

Thursday, March 13
- Breakfast: Sunnyfresh French Toast Sticks
- Lunch: Catch of the Day! Fish Fillet on Whole Grain Bun w/Tartar Sauce or Macaroni & Cheese
- Side: Goldfish Crackers

Wednesday, March 1
- Breakfast: Cheese Toast
- Lunch: Zesty Chicken Patty on Whole Grain Bun, or Fernando’s Cheese & Bean Whole Grain Burrito w/Taco Sauce
- Side: Baked Potato Spuds
**March 17, St. Patrick’s Day**

**Tuesday, March 17**
- **Breakfast**
  - Italian Turkey Sausage
  - Breakfast Square
- **Lunch**
  - Tyson Chicken Tender Filets
  - Or Spaghetti w/Beef Marinara Sauce
- **Side:**
  - Garlic Cheese Toast Half

**Get out your Chillices!**

Traditional Irish dancers wear colorful outfits and either hard dance shoes (“jig shoes”) or soft dance shoes (“ghillies”).

- **Tuesday, March 16**
  - **Breakfast**
    - Pillsbury Mini Blueberry Waffles
  - **Lunch**
    - Mandarin Orange Chicken
    - Or Cheese Pizza Wedge
- **Side:**
  - Hawaiian Style Whole Grain Brown Rice

- **Wednesday, March 16**
  - **Breakfast**
    - Sunrise Pork Sausage Sandwich
  - **Lunch**
    - Beef Cheeseburger on Whole Grain Bun
    - Or Fernando’s Cheese & Bean Whole Grain Burrito w/Taco Sauce
- **Side:**
  - Baked Potato Spuds

- **Thursday, March 17**
  - **Breakfast**
    - Italian Turkey Sausage Breakfast Square
  - **Lunch**
    - Tyson Chicken Tender Filets
    - Or Spaghetti w/Beef Marinara Sauce
- **Side:**
  - Garlic Cheese Toast Half

- **Friday, March 20**
  - **Breakfast**
    - Pillsbury Mini Cinni Buns
  - **Lunch**
    - Trout Treasure Shapes Or Kettle Cooked Saucy Beef & Cheese Taco w/Taco Sauce
    - Or Artisan Style Whole Grain French Bread Cheese Pizza
- **Side:**
  - Savory Baked Beans

**Wednesday, March 25**
- **Breakfast**
  - Pancake Pork Sausage Wrap
  - **Lunch**
  - Spicy Sichuan Chicken
  - Or Mini Beef Cheeseburger Sliders
- **Side:**
  - Hawaiian Style Whole Grain Brown Rice

**Thursday, March 26**
- **Breakfast**
  - Chicken Tortilla Crispito Wrap w/Salsa
  - **Lunch**
  - Beef Sloppy Joe Manwich
  - Or Corn Doggy (Chicken)
- **Side:**
  - Baked Potato Spuds

**Available Daily**

- **Lunches Include:**
  - Garden Salad Bar Choices & Sides, plus Milk -- Non or Low-Fat, Unflavored/White
- **Entrée Choices:**
  - Meatless: Both w/Mozzarella Stick
    - #1 Vegan Sunbutter & Jelly Sandwich
    - #2 Yogurt Meal
- **Other Hot Lunch Entrees:**
  - #3 (see monthly non-cheese options)
  - #4 House-Made (see daily menu)

**Spring Break**

- Break begins at the end of classes:
  - **Friday, March 27**
- Classes resume:
  - **Monday, April 6**

**What’s on YOUR plate?**

It’s easy and fun to make healthy and delicious “french fries” at home. Cut a medium potato (unpeeled) in quarters lengthwise, and then slice each quarter lengthwise into 3 or 4 fries. Toss with a tablespoon or two of olive oil in a zipped gallon bag, spread on a baking sheet (use parchment paper for easier clean up), sprinkle with salt and pepper, and bake at 425 for about 20 minutes or until desired crispness. Use 2 potatoes for every 3 people.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html