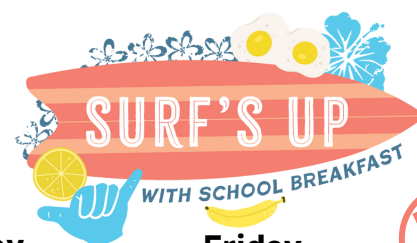


# March 2024



## K-8 Lunch & Breakfast Menu

Monday

Tuesday

Wednesday

Thursday

Friday

### Additional Entree Choices

#### Monthly Vegetarian Entree Choice

Cheese Pinwheel  
with Marina

#### Grab & Go:

Crispy Chicken Salad  
with Buffalo Ranch  
Crunch



#### CHOW OPTION

Grades 7 & 8 only

- 3/1: Cheeseburger
- 3/4: Italian Sub
- 3/18: Spicy Chicken Sandwich
- 3/25: BBQ Rib Sandwich

#### Fresh Sides

Fresh baby carrots  
and garden side salads  
are offered daily in  
addition to the  
featured daily  
vegetable.

### MEAL PRICES

Breakfast:  
\$.00 paid, \$.00 reduced

Lunch:  
\$2.95 paid, \$.00 reduced

### Celebrate National School Breakfast Week- March 4-8

Rise and shine! #NSBW is a time to shine a spotlight on the critical role of breakfast in supporting student learning and development. Every child deserves a nutritious start to their day. By prioritizing nutrition, we can set our students up for success in the classroom and beyond.

#### 4 Breakfast for Lunch

Cinnamon  
Glazed Pancakes  
Sausage Links  
Tater Tots  
Pineapple Chunks

5

Beef Soft Tacos  
Refried Beans  
Warm Cinnamon  
Apples

6

Personal Pan  
Cheese Pizza  
Romaine Salad  
Fresh Fruit Salad  
Nutrition Grahams

7

Popcorn Chicken  
Maple Waffle  
Seasoned Sweet  
Potato Fries  
Chilled Pears

8

Macaroni & Cheese  
Sunshine Grahams  
Roasted Cauliflower  
Assorted Fresh Fruit

### #NSBW Contest Alert Eat to WIN on March 6th!

Receive Fun & Fitness Crackers as part of your **SCHOOL BREAKFAST** for a chance to win. Find the **SURF** cracker and bring it to your cafeteria staff for a prize and entry into our grand prize drawing.

### National Nutrition Month - Eat Local!

Do you know where your food comes from? Head to a farmers market near you to meet the folks who grow your food and bring something new back to your table! Here are a few tips to keep in mind:  
[sm.eatright.org/FarmersMarkets](http://sm.eatright.org/FarmersMarkets)

#### 18 Breakfast for Lunch

French Toast Sticks  
Sausage Links  
Roasted Potato  
Wedges  
Applesauce

19

Beef & Bean Chili  
Cornbread  
Seasoned Green  
Beans  
Chilled Peaches

20

Personal Pan  
Cheese Pizza  
Roasted Broccoli  
Assorted Fresh Fruit  
Nutrition Grahams

21

BBQ Chicken  
Drumstick  
White Rice  
Ranchero Beans  
Mixed Berry Cup

22

Triple Cheese Spirals  
Dinner Roll  
Steamed Sunshine  
Carrots  
Fresh Apple Slices

25

Shamrock Shaped  
Chicken Nuggets  
Maple Waffle  
Baked Beans  
Chilled Pears

26

**National Spinach Day**  
Pulled Pork Sandwich  
Spinach Salad  
Manager's Choice Fruit  
Mini Rice Krispie Treat

27

Personal Pan  
Cheese Pizza  
Roasted Broccoli  
Assorted Fresh Fruit  
Nutrition Grahams

28

Teriyaki Chicken  
Fried Rice  
Steamed Baby  
Carrots  
Fresh Strawberries

29

**Spring Break Dates**  
March 11th - 15th  
March 29th

### Breakfast

Join us for  
Breakfast for a  
chance to win



#### Daily Offers:

**M:** Oatmeal  
Choc. Chip Bar

**T:** Bagel &  
Cream Cheese

**W:** Yogurt &  
Fun & Fitness  
Crackers

**Th:** Chorizo  
Taquito

**F:** Cinnamon  
Crumble

Available Daily:  
Cold Cereal w/  
Cheese Stick or  
Grahams



Local fat-free  
and 1% white or  
non-fat  
chocolate  
milk available  
daily



New



Pork



Vegetarian

March is National Nutrition Month® [www.eatright.org/national-nutrition-month](http://www.eatright.org/national-nutrition-month)