



Veggie of the Month: SPINACH: Popeye made kids eat 33% more spinach in 1930's. A long time ago, artists used the green pigment in spinach to color paint. California produces 74% of spinach in the USA.



National School Breakfast Week:

March 27- March 31

Get your card punched by eating breakfast every day for a drawing to win a prize



Monday



OVEN FRIED CHICKEN OR FISH STICKS
BLACK EYED PEAS
STEAMED CORN
ORANGE SLICES
MAC N CHEESE
MILK

6

Tuesday



BEEF OR CHICKEN CRUNCHY TACOS
REFRIED BEANS
LETTUCE/ TOMATO
TURNIP GREENS
RAISELS
MILK

7

Wednesday

BEEF OR CHICKEN CHEESY NACHOS
PINTO BEANS
BABY CARROTS W/ DIP
FRESH APPLE
MILK

1

CHICKEN NUGGETS
MASHED POTATOES
CHEESY BROCCOLI
FRESH ORANGE
HOMEMADE ROLL
MILK

8

Thursday

CHEESEBURGER WAFFLE FRIES
BURGER SALAD
RAISELS
MILK

2

CHEESEBURGER OR CORNDOG
TATER TOTS
BURGER SALAD
STRAWBERRY CUPS
MILK

9

Friday

YOGURT & GRILLED CHEESE
BAKED CHIPS
COOKED CARROTS
STEAMED SPINACH
PINEAPPLE
MILK

3

PEPPERONI PIZZA OR CHEESE STICKS
COOKED CARROTS
GREEN BEANS
ROSY APPLESAUCE
MILK

10

Spring Break

HOTDOG OR MEATBALL SUB
BABY CARROTS W/ DIP
STEAMED CORN
ORANGE SLICES
REDUCED FAT CHIPS
MILK

13

BEEF OR CHICKEN CRUNCHY TACOS
REFRIED BEANS
LETTUCE/TOMATO
WATERMELON CUPS
MILK

14

CHEESEBURGER WAFFLE FRIES
BURGER SALAD
BAKED BEANS
RAISELS
MILK

15

CHICKEN NUGGETS
MASHED POTATOES
GREEN BEANS
BANANA
HOMEMADE ROLL
MILK

16

YOGURT & GRILLED CHEESE
COOKED CARROTS
CHEESY BROCCOLI
FRESH APPLE
COOKIE
MILK

17

National Breakfast Week
PANCAKES & SAUSAGE OR EGG
HASHBROWNS
BABY CARROTS W/ DIP
PINEAPPLE
MILK

20

BEEF OR CHICKEN CHEESY NACHOS
REFRIED BEANS
GARDEN SALAD
RIPS
MILK

21

CHEESEBURGER OR CORNDOG
WAFFLE FRIES
BAKED BEANS
RAISELS
MILK

22

CHICKEN NUGGETS OR OVEN FRIED CHICKEN
MASHED POTATOES
STEAMED SPINACH
ROSY APPLESAUCE
HOMEMADE ROLL
MILK

23

PEPPERONI PIZZA OR CHEESE STICKS
STEAMED CORN
GREEN BEANS
STRAWBERRIES
MILK

24

National Breakfast Week
PANCAKES & SAUSAGE OR EGG
HASHBROWNS
BABY CARROTS W/ DIP
PINEAPPLE
MILK

27

BEEF OR CHICKEN CHEESY NACHOS
REFRIED BEANS
GARDEN SALAD
RIPS
MILK

28

CHEESEBURGER OR CORNDOG
WAFFLE FRIES
BAKED BEANS
RAISELS
MILK

29

CHICKEN NUGGETS OR OVEN FRIED CHICKEN
MASHED POTATOES
STEAMED SPINACH
ROSY APPLESAUCE
HOMEMADE ROLL
MILK

30

PEPPERONI PIZZA OR CHEESE STICKS
STEAMED CORN
GREEN BEANS
STRAWBERRIES
MILK

31