

March Menu

Head Start

SPRING IS ON ITS WAY!



SPRING INTO ACTION WITH EXERCISE!
 Exercise is not only fun, it is also good for your body, mind, and overall well-being. Kids who exercise on a regular basis often do better in school, sleep better, don't feel as tired, are less likely to get hurt while exercising, and are stronger than less active children. Exercise also relieves stress and helps promote good behavior.

RISE AND SHINE!

START THE DAY OFF RIGHT WITH A HEALTHY, FUN BREAKFAST!
NATIONAL SCHOOL BREAKFAST WEEK IS MARCH 4TH- 8TH, SO COME JOIN US!



A variety of milk will be offered with every meal.

Monday	Tuesday	Wednesday	Thursday	Friday
4 Boneless Wings with Hot Roll Roasted Potatoes Seasoned Vegetables Fruit Cup	5 Soft Tacos Lettuce & Tomato Charro Beans Spanish Rice Rainbow Pears	6 Soup, Sandwich, and Salad <i>Your choice of Soup and Sandwich with Fresh Salad</i> Baked Chips Orange Smiles	7 Pizza Steamed Broccoli Garden Fresh Salad Berries & Cream	8 Chicken Strip Basket with Fries Lettuce with Pickles Fresh Fruit

Enjoy Your Spring Break!

18 Steak Fingers Hot Roll Mashed Potatoes Sautéed Vegetable Fruit Cup	19 Quesadillas Lettuce & Tomato Refried Beans Spanish Rice Fruit Cup	20 Fun Time Sack Lunch! Choice of Sandwich Baked Chips Carrots Fruit Juice Fruit Cup	21 Italian Dippers Seasoned Sweet Corn Italian Salad Colorful Apple Sauce	22 Hot Dog Basket with Fries Lettuce with Pickles Fresh Fruit
25 Chicken Pot Pie or Sandwich Fresh Garden Salad Seasoned Vegetables Fruit Cup	26 Crispitos Lettuce & Tomato Pinto Beans Spanish Rice Fruit Cup	27 Popcorn Chicken Hot Roll Mashed Potatoes Seasoned Vegetables Berries & Cream	28 Cheesy Bread Sticks with Marinara Sauce Italian Salad Steamed Vegetables Banana Sundae	29 Corn Dog Basket with Fries Lettuce with Pickles Fresh Fruit

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage Roll or French Toast	Scrambled Eggs w/ Toast & Sausage, Bacon, or Ham	Breakfast Pizza or Sausage Biscuit	Cinnamon Roll or Pancake Wrap	Waffles or Muffin & Yogurt



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.nrc.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410, (2) fax: (202) 690-7442, or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.