



School Information: Spring Break –
March 18-22



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday



Wednesday

Thursday

Friday

4
NACHO/SEASONED MEAT
MEXICAN BEANS
WHOLE KERNAL CORN
APPLESAUCE
CHOICE OF MILK

5
BAKED CHICKEN
RICE/GRAVY
GREEN BEANS
MIXED FRUIT
WW ROLL
CHOICE OF MILK

6
CHICKEN/SPAGHETTI
STEAMED BROCCOLI
GREEN ICEBERG SALAD
PEACHES
CHOCOLATE OR VANILLA PUDDING
WW ROLL
CHOICE OF MILK

7
BEEF/VEGETABLE SOUP
GRILLED CHEESE SANDWICH
GREEN LEAFY SALAD
PINEAPPLE TIDBITS
CHOICE OF MILK

1
CHEESEBURGER ON BUN
CRISPY FRIES
SANDWICH CUP
MADARIN ORANGES
CHOICE OF MILK

8
SLOPPY JOE ON BUN
POTATO ROUNDS
CARROT STICKS W DRESSING
BANANA
CHOICE OF MILK

11
MEAT PIE
MACARONI AND CHEESE
CARROT STICKS(WITH DRESSING
PEARS
ICE CREAM CUP
CHOICE OF MILK

12
JAMBALAYA
MUSTARD GREENS
MANDARIN ORANGES
CHOCOLATE CHIP COOKIE
WW CORNBREAD
CHOICE OF MILK

13
BEEF TIPS/GRAVY
MASHED POTATOES
GREEN BEANS
MIXED FRUIT
WW ROLL
CHOICE OF MILK

14
FRITO PIE
WK CORN
GREEN LEAFY SALAD
PEACHES
CHOICE OF MILK

15
WG CORNDOG
CATSUP, MUSTARD
CRISPY FRIES
BAKED BEANS(
SLICED APPLES
CHOICE OF MILK

18
NO SCHOOL

19
NO SCHOOL

20
NO SCHOOL

21
NO SCHOOL

22
NO SCHOOL

25
PIZZA
WK CORN
GREEN ICEBERG
MIXED FRUIT
CHOICE OF MILK(1 D

26
TACO MEAT AND SHELL
MEXICAN BEANS
GREEN SALAD
PEACHES
CHOICE OF MILK

27
SALISBURY STEAK
MASHED POTATOES
GREEN BEANS
PEARS
WW ROLL
CHOICE OF MILK

28
BAKED POTATO
CHILI
BROCCOLI
CRACKERS
APPLE SLICES
CHOICE OF MILK

29
BBQ SAUSAGE LINK ON B
POTATO ROUNDS
BAKED BEAN)
PINEAPPLE TIDBITS
CHOICE OF MILK