

Monday	Tuesday	Wednesday	Thursday	Friday
Hamburger/Cheese/ Veggie burger Shredded romaine lettuce Seasoned potatoes Pears 5	Beef Fiestada pizza Lettuce, tomato, black olives Black bean and corn salsa Apples 6	WG cheese breadsticks Marinara sauce Caesar salad Fresh oranges and bananas 7	Chicken tenders Assorted sauces Waffle sweet potatoes Peaches 8	WG Macaroni and Cheese Baked fish nuggets Steamed carrots Mixed fruit 9
Philly beef sandwich Assorted peppers and onions Roasted red potatoes Oranges 12	Rotini and meatballs WG Breadstick Caesar salad Grapes 13	Sausage breakfast square Hashbrown stick Yogurt cup Bananas 14	Chicken sandwich Lettuce and tomato Baked squash Applesauce Sherbet 15	Grilled cheese flatbread Tomato soup Wheat crackers Fresh cucumbers and carrots Red pepper hummus Apples 16
SPRING BREAK!  19	SPRING BREAK! 20	SPRING BREAK!  21	SPRING BREAK! 22	SPRING BREAK!  23
Chicken alfredo Broccoli florets WG roll Peaches 26	Teriyaki chicken Fluffy brown rice Oriental vegetables Mini veggie egg roll Apples 27	Beef Nachos' Grande Lettuce, tomato, black olives Baked Scoops Vegetarian refried beans Oranges 28	Turkey and gravy Mashed potatoes Green beans Wheat roll Banana 29	Big Daddy's Cheese pizza Or Pepperoni pizza Fresh peppers and low fat dip Pears 30

Cold Lunch Choices:

PBJ wheat uncrustable/string cheese available daily
Could include wraps, hummus & pita, and bagel bundles
Include fruit, vegetable & milk.

Salad Choice:

A full salad bar or pre-made salad
Includes fruit, bread and a milk.



Foods to Increase

- *Make 1/2 of your plate fruits and vegetables**
 - *Make 1/2 your grains whole grains**
 - *Switch to fat-free or low fat milk (1%)**
- Try to cut a banana lengthwise and spread with yogurt or peanut butter and granola for a quick breakfast option.

New Breakfast Kiosk at the High School

- In order for all students to be able to have better access to school breakfast, we are opening a new kiosk right inside Door 37 of the High School in March. It will have both hot and cold breakfast choices, and will be open from 7:30-7:51 daily. Several research studies have shown the connection between eating a nutritious breakfast and academic performance, and we look forward to serving the students in this new location!