



MARCH | 2018

Primary and Van Elementary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Breakfast: Breakfast Pizza Fruit-Fresh fruit-Milk Lunch: Salisbury Steak Mashed Potato & Gravy Vegetable Peaches Dinner Roll Milk	2 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Stuffed Breadsticks/Sauce Baby Carrots Celery Juice Milk
5 Breakfast: Pancake Fruit-Fresh Fruit-Milk Lunch: Sub Sandwich Baby Carrots Celery Sticks Baked Apples Milk	6 Breakfast: Toast Juice-Fresh Fruit-Milk Lunch: Beef Tacos 2 Soft Shells Lettuce-Cheese-Salsa Refried Beans Juice Milk	7 Breakfast: Breakfast Casserole-Biscuit-Fruit-Milk Lunch: Turkey & Cheese Sandwich Broccoli Cauliflower Grapes Milk	8 Breakfast: Yogurt/Cracker Fruit-Fresh Fruit-Milk Lunch: Ham Scalloped Potato Winter B lend Peaches Dinner Roll Milk	9 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Cheese Pizza Green Beans Juice Milk
12 Breakfast: Waffle Fruit-Fresh Fruit-Milk Lunch: Chef Salad Grape Tomato/Cucumber Orange Wedges Breadstick Milk	13 Breakfast: Toast Juice-Fresh Fruit-Milk Lunch: Chicken Tacos 2 Soft Shells Lettuce-Cheese-Salsa Refried Bean Juice Milk	14 Breakfast: Ham & Cheese Croissant Hash brown-Fruit-Milk Lunch: Corn Dog Baby Carrots Baked Beans Pears Milk	15 Breakfast: Muffin Fruit-Fresh Fruit-Milk Lunch: Roast Turkey Mashed Potato & Gravy Capri Vegetable Peaches Dinner Roll Milk	16 Breakfast: Cereal & Toast Fruit-Juice-Milk Lunch: Cheesy Quesadilla Broccoli Mixed Squash Juice Milk
19 Breakfast: Flapstick Fruit-Fresh Fruit-Milk Lunch: Ham & Cheese Sandwich Baked Beans Baby Carrots Juice Rice Krispie Milk	20 Breakfast: Toast Juice-Fresh Fruit-Milk Lunch: Beef Tamales Lettuce-Cheese-Salsa Refried Bean Pears Milk	21 Breakfast: Breakfast Casserole-Biscuit-Fruit-Milk Lunch; Sausage Pizza Broccoli Cauliflower Juice Milk	22 Breakfast: Cereal & Toast Fruit-Fresh Fruit-Milk Lunch: Chicken Noodles Mashed Potato Vegetable Fruit Milk	23 
26 	27 Spring Break 	28 Spring Break 	29 Spring Break 	30 

News



Put Your Best Fork Forward

March is National Nutrition Month & It's a great time to remember that eating right doesn't have to be complicated—simply begin to shift to healthier food & beverage choice. These recommendation from the dietary Guideline for American can help get you started

- >Emphasize fruit, vegetables, whole grains & low-fat or fat-free Milk & milk products.
- >Include lean meats, poultry, fish beans, eggs & nuts.
- >Make sure you diet is low in saturated fats, Trans fats, salt, & added sugars.

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Eat Right!