March Breakfast



This institution is an equal opportunity provider. Menus are subject to change.

March is here and so is SPRING FEVER!

Make sure you stay diligent in your studies. The end is near!



Tuesdays

Doughnuts
OR
Cereal Selection

Fruit & Juice Choice of Milk



Thursdays

Cereal Selection and Graham Crackers

Fruit & Juice Choice of Milk



Hop into the lunchroom each morning & enjoy a "TOAD-ally" free breakfast!





Breakfast Pizza
OR
Cereal Selection

Fruit & Juice Choice of Milk

Wednesdays

Breakfast Pizza
OR
Cereal Selection

Fruit & Juice Choice of Milk



Fridays

Mini Pancakes
OR
Cereal Selection

Fruit & Juice Choice of Milk



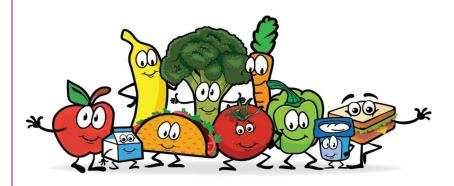


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Tuesday, March I

Corn Dog Long Branch Potatoes Baked Beans Assorted Fruits Choice of Milk

March is National Nutrition Month!



Wednesday, March 2

Chicken Fingers & Roll Mashed Potatoes Green Beans Assorted Fruits Choice of Milk

Thursday, March 3

Pepperoni Pizza Steamed Corn Raw Veggies & Dip Assorted Fruits Choice of Milk



Carrots Carrots are a great source of Vitamin A, beta carotene, and fiber – and they're tasty as well! This makes carrots a fantastic choice for a snack or at mealtime.

Friday, March 4

Cheeseburger Lettuce/Tomatoes/Pickles French Fries Assorted Fruits Choice of Milk

Monday, March 7

Chicken & Rice
Farm Fresh Vegetables
Raw Veggies & Dip
Assorted Fruits
Cinnamon Roll
Choice of Milk

Tuesday, March 8

Spaghetti Garlic Bread Peas & Carrots Assorted Fruits Choice of Milk



Check out our monthly menus & more on the district website! BryanCountySchools.org



Wednesday, March 9

Manager's Selection



Thursday, March 10

Salisbury Steak & Roll Mashed Potatoes & Gravy Farm Fresh Vegetables Assorted Fruits Choice of Milk

Friday, March II

Hot Dog Potato Tots Coleslaw Assorted Fruits Choice of Milk

Time to SPRING Forward!

Daylight Savings
Time begins
Sunday,
March 13th!
Move clocks
ahead one
hour.



Monday, March 14

Cheeseburger Lettuce/Tomatoes French Fries **Assorted Fruits** Choice of Milk



Tuesday, March 15

Chicken Fingers **Dutch Waffle** Mashed Potatoes & Gravy Farm Fresh Vegetables **Assorted Fruits** Choice of Milk

Steamed Corn French Fries **Assorted Fruits** Choice of Milk



Wednesday, March 16

Pepperoni Pizza



Thursday, March 17

Faculty & Staff Workday



NO SCHOOL FOR STUDENTS

Friday, March 18

HOLIDAY NO SCHOOL TODAY



NUTRITION 1050

Think salad is always healthy? The dressing on some restaurant salads may add hundreds of calories and 20 grams of fat to a meal! So try to ask for the dressing on the side when you eat out, choose oil-and-vinegar style over creamier dressings, and consider lower-fat dressing when buying by the bottle.

Monday, March 21

Chicken Fingers & Roll Mashed Potatoes & Gravy Broccoli & Cheese Sauce Assorted Fruits Choice of Milk



Tuesday, March 22

Walking Nachos Steamed Corn Salsa & Sour Cream **Assorted Fruits** Choice of Milk

Wednesday, March 23

Manager's Selection



Thursday, March 24

Spaghetti Garlic Bread Farm Fresh Vegetables **Assorted Fruits** Choice of Milk

Friday, March 25

BBO Pork Sandwich French Fries Coleslaw **Baked Beans Assorted Fruits** Choice of Milk



A QUICK BITE FOR PARENTS

Monday, March 28

Chicken & Rice Farm Fresh Vegetables **Assorted Fruits** Cinnamon Roll Choice of Milk



Tuesday, March 29

Salisbury Steak School Baked Roll Farm Fresh Vegetables Mashed Potatoes & Gravy **Assorted Fruits** Choice of Milk

Wednesday, March 30

Cheeseburger French Fries Lettuce/Tomatoes/Pickles **Assorted Fruits** Choice of Milk

Thursday, March 31

Pizza Steamed Corn Caesar Salad Assorted Fruits Choice of Milk

Friday, April I

Hot Dog or Chili Dog Potato Tots Cole Slaw Roasted Garbanzo Beans Assorted Fruits



Pring Poreak April 4th-8th