

March Breakfast



Menus

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!*



Thursdays

Cereal Selection
and
Graham Crackers

Fruit & Juice
Choice of Milk



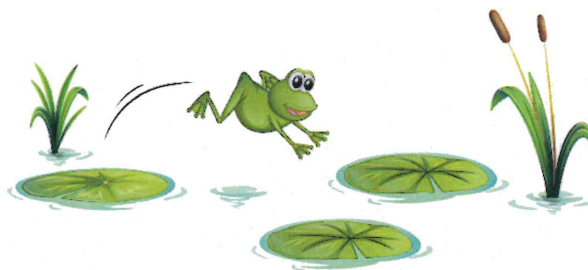
Tuesdays

Doughnuts
OR
Cereal Selection

Fruit & Juice
Choice of Milk



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



Mondays

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



Bryan County Schools Lunch Menus

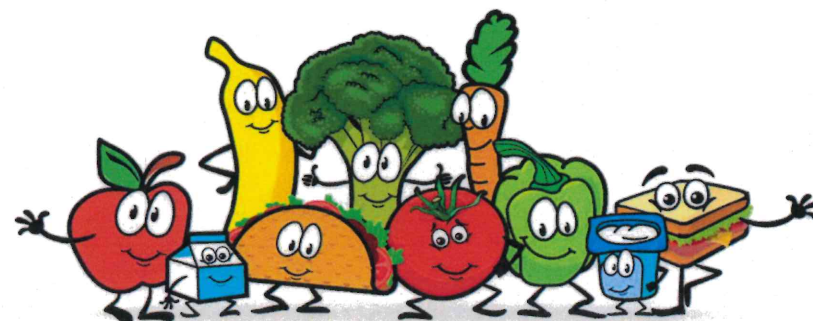
March

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Tuesday, March 1

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

March is National Nutrition Month!

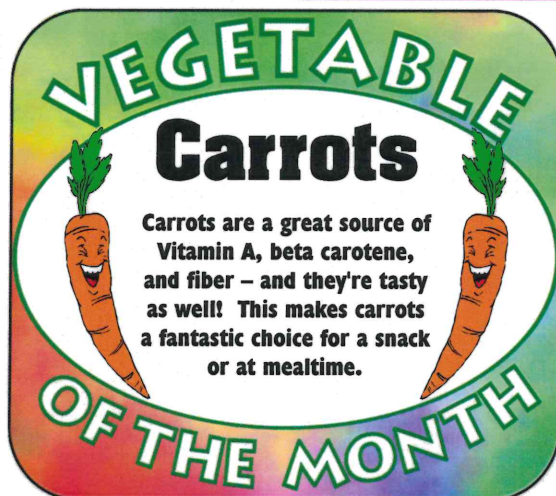


Wednesday, March 2

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



Friday, March 4

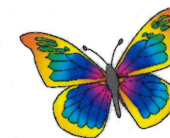
Cheeseburger
Lettuce/Tomatoes/Pickles
French Fries
Assorted Fruits
Choice of Milk

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 11

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

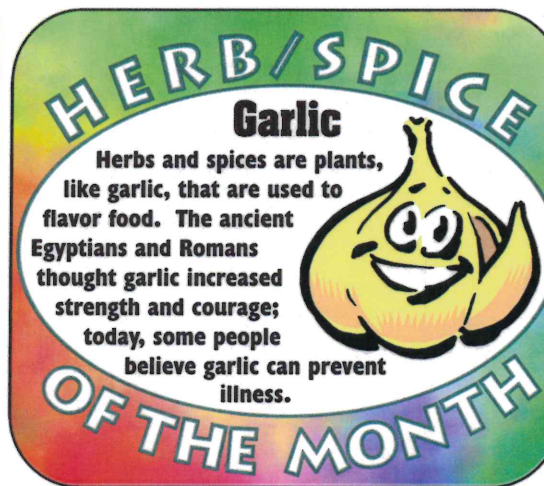


Tuesday, March 15

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

Wednesday, March 16

Pepperoni Pizza
Steamed Corn
French Fries
Assorted Fruits
Choice of Milk



Thursday, March 17

Faculty & Staff
Workday



NO SCHOOL
FOR STUDENTS

Friday, March 18

HOLIDAY
NO SCHOOL TODAY



NUTRITION TO GO

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.

A QUICK BITE FOR PARENTS

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

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



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 1

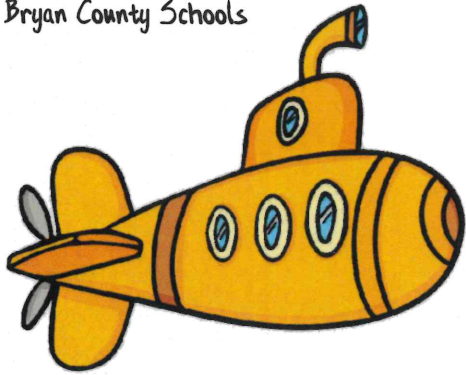
Hot Dog or Chili Dog
Potato Tots
Cole Slaw
Roasted Garbanzo Beans
Assorted Fruits



Spring Break

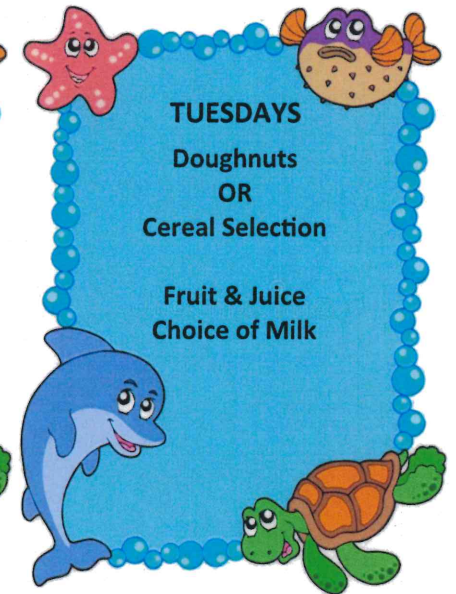
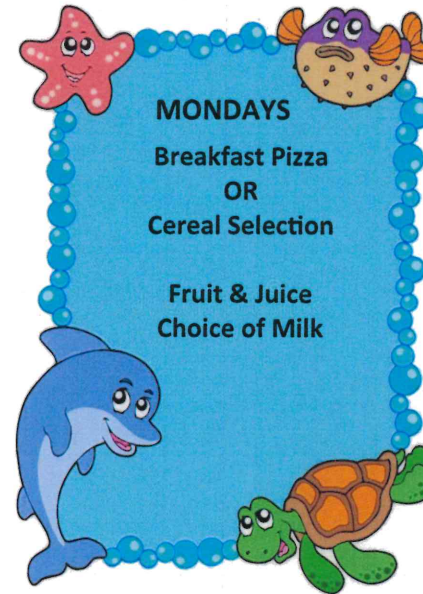
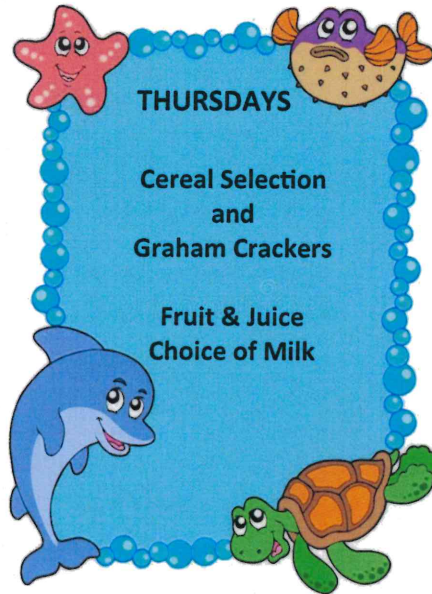
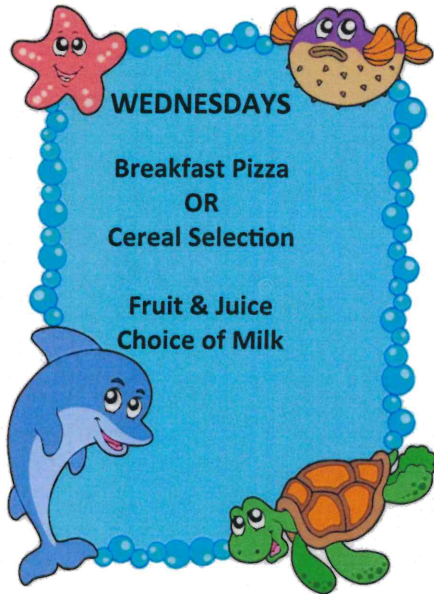
April 4th-8th





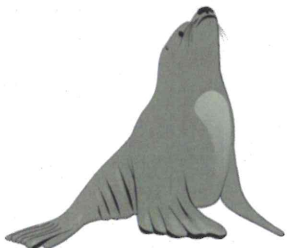
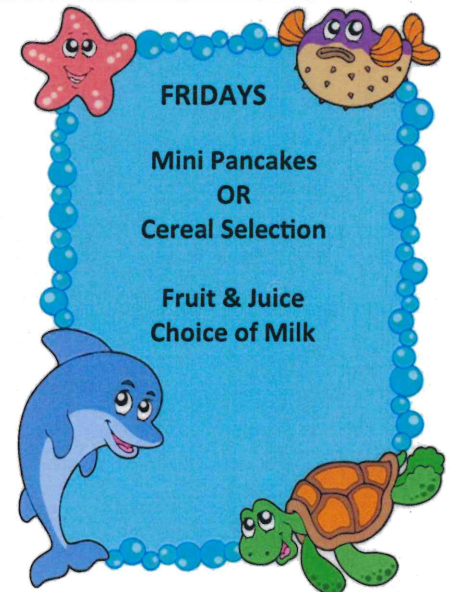
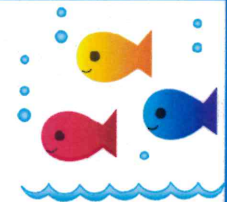
April Breakfast Menus

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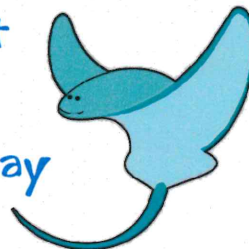


Swim right through the breakfast
line! There's no cost to enjoy a
complete breakfast with us!*

*(Limited to 1 free complete breakfast daily)



Come join us for breakfast
each morning!
It's a "swimmingly" great way
to start your day!





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Friday, April 1

Hot Dog or Chili Dog
Potato Tots
Coleslaw
Roasted Garbanzo Beans
Assorted Fruits
Choice of Milk



FRUIT Strawberries



Strawberries are the most popular berries, and they're nutritious, too. A half-cup of strawberries supplies nearly three quarters of your daily vitamin C and more fiber than a slice of whole wheat bread.

OF THE MONTH

Monday, April 11

Chicken Fingers
Dutch Waffle
Mashed Potatoes & Gravy
Glazed Baby Carrots
Assorted Fruits
Choice of Milk

Tuesday, April 12

Pepperoni Pizza
French Fries
Broccoli w/ Cheese Sauce
Assorted Fruits
Choice of Milk



How do high school fish stay eligible for a **HOPE Scholarship?**



They stay above "C" level.



Wednesday, April 13

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



Thursday, April 14

Corn Dog
Long Branch Potatoes
Caesar Salad
Farm Fresh Vegetable
Assorted Fruits
Choice of Milk

Parents and Grandparents,
Are you "fishing" for something to do? We would love to "hook" you up with a great job with us! Go to BryanCountySchools.org and apply online today!



For more information, call our office at (912) 459-5121.



Friday, April 15

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



Monday, April 18

Pizza
Steamed Corn
French Fries
Assorted Fruits
Choice of Milk



Tuesday, April 19

Salisbury Steak
Mashed Potatoes/Gravy
School Baked Roll
Farm Fresh Vegetable
Assorted Fruits
Choice of Milk

VEGETABLE Lima Beans

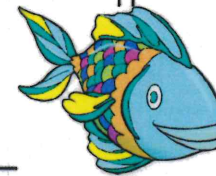
Lima Beans, like other "legumes," are very high in fiber. They're also a nearly fat-free plant source of high-quality protein. Lima beans are also high in many key minerals like iron and magnesium.



OF THE MONTH

Wednesday, April 20

Chicken Nuggets
School Baked Roll
Macaroni & Cheese
Farm Fresh Vegetable
Assorted Fruits
Choice of Milk



Thursday, April 21

Spaghetti
Broccoli/Cheese Sauce
Caesar Salad
Garlic Bread
Assorted Fruits
Choice of Milk

Friday, April 22

Hot Dog or Chili Dog
Potato Tots
Coleslaw
Baked Beans
Assorted Fruits
Choice of Milk

NUTRITION TO GO

Microwaved foods may actually retain more nutrients than foods cooked by traditional methods. For example, spinach retains all of its folate (a B vitamin) when microwaved, but only 70% when boiled. Food that's cooked for less time (and in less water) generally keeps more of the good stuff.

A QUICK BITE FOR PARENTS

Monday, April 25

Chicken Fingers
Dutch Waffle
Mashed Potatoes & Gravy
Glazed Baby Carrots
Assorted Fruits
Choice of Milk

Tuesday, April 26

Country Style Steak
Rice & Gravy
Black-eyed Peas
Steamed Corn
School Baked Roll
Assorted Fruits
Choice of Milk



HERB/SPICE Mint

Herbs and spices are plants that are used to flavor food. Mint is perhaps the easiest herb to grow at home. And it's flavorful, too -- in iced tea, on fruit salad, as a seasoning for lamb, in a smoothie, or mixed with rice.



OF THE MONTH

Wednesday, April 27

Manager's Choice



Thursday, April 28

Cheeseburger
French Fries
Lettuce/Tomato/Pickle
Raw Baby Carrots/Dip
Assorted Fruits
Choice of Milk

GRAIN Oatmeal

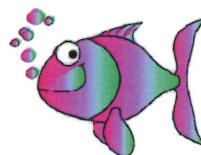


Oatmeal is so good for you! It has long been a favorite of world-class athletes, because it's rich in complex carbohydrates and fiber, which slow digestion and deliver long-lasting energy.

OF THE MONTH

Friday, April 29

Grilled Cheese
French Fries
Raw Broccoli & Dip
Assorted Fruits
Choice of Milk



WHY ARE FISH SO SMART? BECAUSE THEY CAN USUALLY BE FOUND IN SCHOOLS! Be smart...stay in school. The end of the year is near, so stay on task so you don't feel like you're sinking! Just keep swimming, just keep swimming.....

