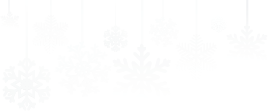
Marysville Jr/Sr High School

A Reimbursable Lunch Includes at least 3 of the 5 food groups and 1 MUST be ½ cup of Fruit or Vegetable.

3 Entrées are offered each day. Side items are listed below entrées. A Garden Bar with fresh vegetables is offered daily.

**Nutrition Tip:** March is National Nutrition Month! To celebrate try eating at least one new food each week. Keep it interesting by picking out new foods you’ve never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate



|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 – Breakfast Pizza  2 – Mini Bagels  3 – Assorted Cereal  Fruit of the Day  Juice Assortment  Milk | 1 – Breakfast Tornado  2 – Frudel  3 – Assorted Cereal  Fruit of the Day  Juice Assortment  Milk | 1 – Saus/Egg/Chse Biscuit  2 – Donut w/String Cheese  3 – Assorted Cereal  Fruit of the Day  Juice Assortment  Milk | 1 – Biscuit & Gravy  2 – Muffin & Yogurt  3 – Assorted Cereal  Fruit of the Day  Juice Assortment  Milk | 1 – Pancake/Sausage Wrap  2 – Cinnamon Roll & Yogurt  3 – Assorted Cereal  Fruit of the Day  Juice Assortment  Milk |
| SPRING BREAK | SPRING BREAK | SPRING BREAK | SPRING BREAK | SPRING BREAK |
| 1 – Chicken Biscuit  2 – Mini Bagel  3 – Assorted Cereal  Fruit of the Day  Juice Assortment  Milk | 1 – Breakfast Burrito  2 – Frudel  3 – Assorted Cereal  Fruit of the Day  Juice Assortment  Milk | 1 – French Toast Sticks  Sausage Links  2 – Donut w/String Cheese  3 – Assorted Cereal  Fruit of the Day  Juice Assortment  Milk | 1 – Breakfast Pizza  2 – Muffin & Yogurt  3 – Assorted Cereal  Fruit of the Day  Juice Assortment  Milk | 1 – Breakfast Tornado  2 –Cinn. Roll & Yogurt  3 – Assorted Cereal  Fruit of the Day  Juice Assortment  Milk |
| 1 – Saus/Egg/Chse Biscuit  2 – Mini Bagel  3 – Assorted Cereal  Fruit of the Day  Juice Assortment  Milk | 1 – Biscuit & Gravy  2- Frudel  3 – Assorted Cereal  Fruit of the Day  Juice Assortment  Milk | 1 – Pancake/Sausage Wrap  2 – Donut w/String Cheese  3 – Assorted Cereal  Fruit of the Day  Juice Assortment  Milk | 1 – Chicken Biscuit  2 – Muffin & Yogurt  3 – Assorted Cereal  Fruit of the Day  Juice Assortment  Milk | 1 – Breakfast Burrito  2 – Cinn. Roll & Yogurt  3 – Assorted Cereal  Fruit of the Day  Juice Assortment  Milk |
| Professional  Development  NO SCHOOL  TODAY | 1- French Toast Sticks  2 – Frudel  3 – Assorted Cereal  Fruit of the Day  Juice Assortment  Milk | \*This Institution is an Equal Opportunity Provider. |  |  |

