

FOOD SERVICE NEWS



Help celebrate **National School Breakfast Week** **March 3-7!**

Studies show that students who eat school breakfast are more likely to:

- Reach higher levels of achievement in reading & math
- Score higher on standardized tests
- Have better concentration and memory
- Be more alert and maintain a healthy weight

But when the school week gets busy, it's easy for students to rush out the door in the morning without having a nutritious meal. That's why school breakfast is such a great option!

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Breakfast bagel Fruit Fruit juice	4 Yogurt cup/granola Fruit Fruit juice	5 Egg & cheese biscuit Fruit Fruit juice	6 Long John donut Fruit Fruit juice	7 Pop tart Cereal Fruit Fruit juice
10 Waffles Fruit Fruit juice	11 Breakfast pizza Fruit Fruit juice	12 Chocolate muffin Fruit Fruit juice	13 Cereal bar Fruit Fruit juice	14 NO SCHOOL
17 NO SCHOOL— Spring Break	18 NO SCHOOL— Spring Break	19 NO SCHOOL— Spring Break	20 NO SCHOOL— Spring Break	21 NO SCHOOL— Spring Break
24 Blueberry muffin Fruit Fruit juice	25 Pancake sausage bites Fruit Fruit juice	26 Mini sugar donuts Fruit Fruit juice	27 Yogurt cup/granola Watermelon Fruit juice	28 Pop tart Cereal Fruit Fruit juice
31 Long John Fruit Fruit juice		MILK served with all meals		

This institution is an equal opportunity provider.

LUNCH MENU

Menus are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Stuffed crust pizza Tossed salad w/ greens Steamed broccoli Pineapple tidbits	4 Hamburger/bun French fries Vegetable medley Tropical fruit	5 Pizza crunchers Three bean salad Steamed corn Fresh melon	6 Chili w/ crackers String cheese Applesauce Cinnamon roll	7 Macaroni & cheese Little smokies Peas & carrots Diced pears Roll & butter (grades 6-12)
10 Breaded chicken sandwich Sweet potato fries Baked beans Apple wedges	11 Philly beef/bun Waffle fries Mixed vegetables Peaches	12 Deli/Bun Fresh baby carrots Baked chips Orange wedges Rice Krispie treat	13 Breaded pork/bun Wedge fries Steamed broccoli Fruit cup	14 NO SCHOOL
17 NO SCHOOL— Spring Break	18 NO SCHOOL— Spring Break	19 NO SCHOOL— Spring Break	20 NO SCHOOL— Spring Break	21 NO SCHOOL— Spring Break
24 Breaded chicken drummies Seasoned potatoes Steamed carrots Tropical fruit Dinner roll (grades 6-12)	25 BBQ rib/bun French fries Baked beans Orange wedges	26 Salisbury steak Mashed potatoes & gravy Steamed broccoli Applesauce Roll & butter	27 Hot dog w /bun Wedge fries Corn Apple wedges	28 Cheese pizza Lettuce salad w/ greens Green beans Fresh melon
31 Pasta w/ meat sauce Tossed salad w/ greens Vegetable medley Pears Garlic twist (grades 6-12)		MILK served with all meals	Choose a salad as an alternate lunch daily (HS & MS only)	

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