

MENU FOR MARCH 2007



Thursday, March 1

Pizza Bread
Steamed Peas
OR
Chicken Caesar Salad Platter
W/Wheat Roll
Chilled Fruit Cocktail or Fresh
Fruit, Ice Cream, Milk
BREAKFAST
Bagel W/Cream Cheese or Jelly
Sunflower Seeds, Fresh Fruit,
Milk
BREAKFAST BAR @ HS

Friday, March 2

**INSERVICE DAY
NO SCHOOL**

AVAILABLE DAILY
YOUR CHOICE OF:
Elementary Schools:
Regular Menu, Salad Platter OR
Uncrustable Sandwich Platter:
Mon., Wed., & Fri: Peanut Butter & Jelly on White Bread
Tues. & Thurs.: Grilled Cheese on White Bread
High Schools:
Regular Menu Entrée, Salad Platter,
Uncrustable Peanut Butter & Jelly Sandwich
Platter on White Bread, Hot Sandwich Platter
Daily Milk Choices:
Chocolate, Strawberry, White, 2%, or Skim Milk

Monday, March 5

Hot Dog or Hot Sausage
Potato Puffs
OR
Taco Salad Platter

Chilled Strawberries or
Fresh Fruit, Jello Gems, Milk

BREAKFAST
Choice of Cereal, Toast,
Asst. Juice, Milk
BREAKFAST BAR @ HS

Tuesday, March 6

Turkey Deli Sandwich
Mega Noodle Soup or Cream of
Potato @ HS, Crackers
Baby Carrots
OR
Chef Salad Platter
W/Wheat Roll
Chilled Pears or Fresh Fruit
Milk

BREAKFAST
French Toast Sticks
Sunflower Seeds, Fresh Fruit,
Milk
BREAKFAST BAR @ HS

Wed., March 7

Crispy Chicken
Scalloped Potatoes
OR
Chef Salad Platter

Wheat Roll, Chilled Peaches
or Fresh Fruit
Dreamsicle, Milk

BREAKFAST
Pizza
Fresh Fruit, Milk
BREAKFAST BAR @ HS

Thursday, March 8

Spaghetti & Meatballs
Steamed Green Beans
OR
Chicken Caesar Salad Platter

Italian Bread
Chilled Applesauce, Milk

BREAKFAST
Raspberry Churro, Yogurt
Asst. Juice, Milk
BREAKFAST BAR @ HS

Friday, March 9

Shrimp Poppers
Tossed Salad
OR
Chef Salad Platter

Cheese Bread Stick
Chilled Pineapple or
Chilled Juice, Milk

BREAKFAST
Choice of Cereal
String Cheese, Asst. Juice,
Milk
BREAKFAST BAR @ HS

NUTRITION TO GO
Stew is any combination of food cooked slowly in simmering liquid. Stew was one of the first forms of cooked food - stew recipes are found in the oldest existing "cookbook." Stew smells great when it's slow-cooking on a cold winter day, and eating a bowl of hot stew warms us up,
A TASTY MORSEL FOR PARENTS

The Spirit Bear is not a polar bear, but rather a white-colored black bear. It's found only in the temperate rain forest of British Columbia, on the western coast of Canada. No one knows for sure how many Spirit Bears exist, but probably no more than a few hundred.

MAKE SOME TIME. The Nutrition Sleuth

All time is not created equal. The few minutes you spend eating a good breakfast pays off all morning in energy and alertness. Plus, eating breakfast can actually help prevent obesity and a host of other health problems.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Taking a closer look at the foods we eat . . .
Changing portion sizes over the years have added a lot of calories to some favorite foods. A typical bagel 25 years ago was 3" in diameter and contained 150 calories. Today, many bakery bagels are 6" in diameter and contain 400 calories! So half a bagel today can

Calorie analysis of this typical School Lunch Combo:
Toasted Bagel w/ Cream Cheese
Choice of Fruit Yogurt
Fresh Clementine
Lowfat Chocolate Milk

Total calories: 708
Calories from protein: 16%
Cal. from carbohydrates: 69%
Calories from fat: 15%

VEGETABLE OF THE MONTH
Soybeans
In Asia, soybeans (or "edamame") are eaten as a vegetable. In the U.S., they more often turn up as an ingredient in other food products. Soybeans are the only common plant food that provides complete protein.