

Monday, March 12

Deluxe Hamburger
French Fries
OR
Taco Salad Platter

Chilled Peaches, Fresh Fruit
Rasp. Ice Cream Bar, Milk

BREAKFAST

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

Tuesday, March 13

Cheese, Pepperoni or
Taco Pizza
Steamed Carrots
OR

Chicken Caesar Salad Platter
W/Wheat Roll
Chilled Pears or Fresh Fruit
Chilled Pudding, Milk

BREAKFAST

Blueberry Muffin
String Cheese
Fresh Fruit, Milk
BREAKFAST BAR @ HS

Wed., March 14

Chicken Fries
Raw Vegetables W/Dip
OR
Chef Salad Platter

Garlic Bread Sticks
Chilled Fruit Cocktail or
Fresh Fruit, Milk

BREAKFAST

Cinnamon Pretzel Stick
Sunflower Seeds
Asst. Juice, Milk
BREAKFAST BAR @ HS

Thursday, March 15

Beef Taco W/Nacho Chips
Or Soft Tortilla Shell @ HS
Rice Pilaf, Steamed Peas
OR

Chef Salad Platter W/Muffin

Chilled Applesauce, Milk

BREAKFAST

Breakfast Bagel
Fresh Fruit, Milk
BREAKFAST BAR @ HS

Friday, March 16

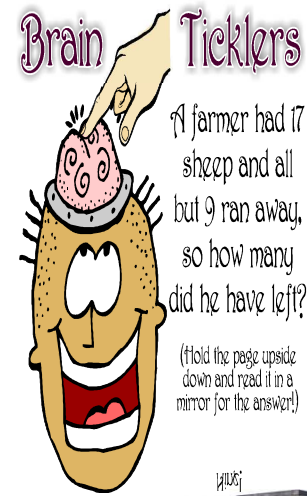
"Go For the Greens"
Tomato Soup or Chili @ HS
Crackers, Tossed Salad
Toasted Cheese Sandwich
OR

Chef Salad Platter
W/Wheat Roll

Fresh Fruit or Chilled Juice
Milk

BREAKFAST

Pancakes, Yogurt
Asst. Juice, Milk
BREAKFAST BAR @ HS



A farmer had 17
sheep and all
but 9 ran away,
so how many
did he have left?

(Hold the page upside
down and read it in a
mirror for the answer!)

**Word
of the
Month**
cour·age

n. 1. the quality of mind
or spirit that enables one
to face difficulty, danger,
fear, pain, etc. with self-
possession, confidence,
and resolution 2. bravery

Monday, March 19

Chicken Parmesan Sandwich
Steamed Corn
OR

Chef Salad Platter
W/Wheat Roll

Chilled Pineapple,
Go-Gurt, Milk

BREAKFAST

Pizza
Fresh Fruit, Milk
BREAKFAST BAR @ HS

Tuesday, March 20

Spring Dinner
Roast Turkey
Mashed Potato, Gravy
Stuffing, Normandy Blend
Vegetables
OR

Chef Salad
W/Wheat Roll
Fruit Jello Salad, Milk

BREAKFAST

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

Wed., March 21

Brunch
French Toast Sticks
Sausage Links, Hash Brown
OR
Taco Salad Platter

Chilled Juice, Peach Crisp
Milk

BREAKFAST

Bagel W/Cream Cheese or
Jelly, Sunflower Seeds,
Fresh Fruit, Milk
BREAKFAST BAR @ HS

Thursday, March 22

Deluxe Cheese Steak Sandwich
Raw Vegetables W/Dip
OR

Chef Salad Platter
W/ Wheat Roll

Pretzel Sticks, Chilled Pears
or Fresh Fruit, Milk

BREAKFAST

Mini Waffle
Yogurt, Fresh Fruit
Milk
BREAKFAST BAR @ HS

Friday, March 23

Macaroni & Cheese
Steamed Broccoli
OR

Chicken Caesar Salad

Soft Pretzel
Chilled Fruit Cocktail or
Chilled Juice, Milk

BREAKFAST

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



**Q: What was
the most
common
way to cook
eggs in the
Middle Ages??**



A: Not fried or boiled or scrambled, but BAKED,
right in the shell in the embers of a fire. That was
the easiest way to cook eggs when pots and pans were
rare but a cooking fire was not! Baten in moderation,
eggs are part of a
healthy diet, delivering
a whopping 6 grams of
protein per egg!

LEARN MORE AT [WWW.KIDSHHEALTH.ORG/
KID/STAY_HEALTHY/FOOD/PYRAMID.HTML](http://WWW.KIDSHHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML)

Monday, March 26

Meatball Sub
Tossed Salad
OR

Chicken Caesar Salad Platter
W/Wheat Roll

Chilled Applesauce or
Chilled Juice, Milk

BREAKFAST

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

Tuesday, March 27

Chicken Stir Fry
Rice, Oriental Vegetables
Egg Roll @ HS or Chicken
Nuggets Star Fries
Muffin @ ES
OR

Chef Salad Platter
W/Wheat Roll

Fresh Fruit, Jello Gems,
Milk

BREAKFAST

Cereal Bar, String Cheese Fresh
Fruit, Milk
BREAKFAST BAR @ HS

Wed., March 28

Ham & Cheese Cosmo
Nachos & Salsa
Carrots W/Dip
OR

Chef Salad Platter
W/Wheat Roll

Fresh Fruit
Apple Cobbler, Milk

BREAKFAST

Flap Stick
Fresh Fruit, Milk
BREAKFAST BAR @ HS

Thursday, March 29

Cheese, Pepperoni or
Vegetable Pizza
California Blend Vegetable
OR

Taco Salad Platter

Chilled Peaches
Chilled Pudding, Milk

BREAKFAST

Blueberry Muffin, Sunflower
Seeds, Asst. Juice, Milk
BREAKFAST BAR @ HS

Friday, March 30

Fish Munchies
Baked Potato
OR

Chef Salad Platter

Wheat Roll, Strawberries
or Chilled Juice, Milk

BREAKFAST

Bagel W/Cream Cheese
or Jelly, Yogurt
Asst. Juice, Milk
BREAKFAST BAR @ HS



MARCH 17
Follow a Rainbow to a Pot o' Gold!