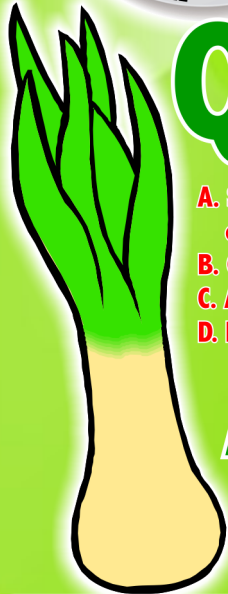


What's on YOUR plate?



Q: What can you do with a LEEK?!

- A. Stick your finger in it until help comes!
- B. Call a plumber to fix it!
- C. ABANDON SHIP!
- D. None of the above

A: The answer is D – none of the above. The other choices are all LEAKS, not LEEKS! Leeks are mild-flavored veggies related to onions that are often used to flavor soups, but can also be enjoyed sliced and sauteed!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



Monday, March 16

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Breakfast Pizza

Lunch

Chicken Nuggets with Roll
Turkey and Cheese Croissant
PB & J Sandwich
Chef Salad with Dinner Roll
Sides:
Baked French Fries/ Fresh
Veggies
Fruit and Milk

Tuesday, March 17

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Ham and Cheese Bagel

Lunch

3 Pierogis with Roll
Cheeseburger on a Roll
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Green Beans /Fresh Veggies
Green Fruited Jell-O and Milk

Wednesday, March 18

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or French Toast Sticks

Lunch

Jumbo Cheese Ravioli with
Sauce and Garlic Bread Stick
Breaded Chicken Patty
Sandwich
PB & J Sandwich
Chef Salad with Round Roll
Sides: Cesar Salad/ Fresh Veggies
Fresh Baked Cookie
Fruit and Milk

Thursday, March 19

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Funnel Cake

Breakfast for Lunch

2 Pancakes / Sausage and Syrup
Hot Ham and Cheese Bagel
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Tater Tots/ Bean Salad
Fruit Juice and Milk

Friday, March 20

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Cinnamon Roll

Lunch

Toasted Cheese Sandwich
Bloom Lunchable
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Tomato Soup with Crackers
Zesty Baked Beans /Fresh
Veggies
Fruit and Milk

Monday, March 23

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Mini Choc Chip Pancakes

Lunch

Popcorn Chicken with Roll
Sloppy Joe on a Bun
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Cooked Carrot Coins /Fresh
Veggies
Fruit and Milk

Tuesday, March 24

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Funnel Cake

Lunch

Nachos with Chili, Cheese
Sauce, Sour Cream
Meatball Hoagie
PB & J Uncrustable
Chef Salad with Dinner Roll
Sides:
Corn / Black Bean Salsa
Lettuce and Tomato
Fruit and Milk

Wednesday, March 25

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Ham and Cheese Muffin

Lunch

Pasta with Meat sauce and
Garlic Bread Stick
Hot Dog on Bun
PB & J Sandwich
Chef Salad with Graham Crks
Sides:
Cesar Salad /Fresh Veggies
Baked Fruit Crisp
Milk

Thursday, March 26

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Egg and Cheese Bagel

Lunch

Chicken and Biscuits
BBQ Rib Sandwich
PB & J Uncrustable
Chef Salad with Dinner Roll
Sides:
Mashed Potatoes /Fresh Veggies
Pudding Cup
Fruit and Milk

Friday, March 27

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Cereal Bar

Lunch

French Bread Pizza
Yogurt Cup with Graham
Crackers
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Tossed Salad /Fresh Veggies
Frozen Ice and Milk

Monday, March 30

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Sausage and Cheese Bagel

Lunch

5 Corn Dog Nuggets with Roll
Cheese Steak Hoagie
PB & J Uncrustable
Chef Salad with Dinner Roll
Sides:
Baked French Fries /Fresh
Veggies
Fruit and Milk

Tuesday, March 31

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Breakfast Pizza

Lunch

Italian Dunkers with Sauce
Ham and Cheese on Croissant
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Mixed Vegetable / Fresh Veggies
Fruit and Milk

