



March 2017 Breakfast IMSA South

Monday	Tuesday	Wednesday	Thursday	Friday
		March 1 Cold Cereal* Graham Crackers* 100% Juice Milk	March 2 Cold Cereal* Graham Crackers* 100% Juice Milk	March 3 Cold Cereal* Graham Crackers* 100% Juice Milk
March 6 Cold Cereal* Graham Crackers* 100% Juice Milk	March 7 Cold Cereal* Graham Crackers* 100% Juice Milk	March 8 Cold Cereal* Graham Crackers* 100% Juice Milk	March 9 Cold Cereal* Graham Crackers* 100% Juice Milk	March 10 Cold Cereal* Graham Crackers* 100% Juice Milk
National School Breakfast Week - Take the School Breakfast Challenge				
March 13 Cold Cereal* Graham Crackers* 100% Juice Milk	March 14 Cold Cereal* Graham Crackers* 100% Juice Milk	March 15 Cold Cereal* Graham Crackers* 100% Juice Milk	March 16 Cold Cereal* Graham Crackers* 100% Juice Milk	March 17 Cold Cereal* Graham Crackers* 100% Juice Milk
March 20 Cold Cereal* Graham Crackers* 100% Juice Milk	March 21 Cold Cereal* Graham Crackers* 100% Juice Milk	March 22 Cold Cereal* Graham Crackers* 100% Juice Milk	March 23 Cold Cereal* Graham Crackers* 100% Juice Milk	March 24 Cold Cereal* Graham Crackers* 100% Juice Milk
March 27 Spring Break	March 28 Spring Break	March 29 Spring Break	March 30 Spring Break	March 31 Spring Break

FRUIT AVAILABLE DAILY



*=Whole-grain item

Non-cereal selection may be offered instead of cold cereal
 Milk served with breakfast contains no artificial growth hormones or antibiotics
 Menu is subject to change based on availability and quality of food items

BREAKFAST BUZZ

Did you know school breakfast helps to reduce snacking or overeating later in the day?

Celebrate National School Breakfast Week with us this month.





March 2017 K-8 Lunch IMSA South

Monday	Tuesday	Wednesday	Thursday	Friday
		March 1 Greek-Style Chicken Brown Rice* Green Beans Fresh Apple Snickerdoodle Cookie* Honey Wheat Dinner Roll*	March 2 Spaghetti* with Meatballs & Marinara Broccoli Applesauce String Cheese L	March 3 Pepperoni French Bread Pizza* Baby Carrots Pears
March 6 All-American Cheeseburger* Salad Peaches	March 7 Chicken Nuggets with Twisted Garlic Breadstick* Baby Carrots Fresh Banana	March 8 Mini Chicken Corndogs* Vegetarian Beans Pineapple	March 9 Turkey Ham & Cheese Melt* Oven-Baked Spiral-Cut French Fries Applesauce	March 10 Lasagna Roll-Up* Capri Blend Veggies Pears Garlic Bread*
March 13 Oven-"Fried" Chicken Drumstick* & Waffle Stix* with Syrup Corn Fresh Orange	March 14 Beef & Cheese Nachos* with Garnish Cup Refried Beans Mixed Fruit	March 15 Bosco Stick* with Marinara Dipping Sauce Salad Fresh Apple	March 16 Irish Nachos (Chili Con Carne with Shredded Cheddar Cheese Sweet Potato Waffle Fries Breadstick* Pears Honey Oat Goldfish Cracker	March 17 Breaded Chicken Sandwich Green Beans Apple
March 20 Rotini* with Homemade Meat Sauce Broccoli Peaches	March 21 All-Beef Hot Dog on a Bun* Oven-Baked Spiral-Cut French Fries Celery Sticks with Ranch Dressing Fresh Grapes	March 22 Chicken Bowl with Mashed Potatoes & Corn* Honey Wheat Dinner Roll* Fresh Orange	March 23 Tangerine Chicken Brown Rice* Sliced Carrots Applesauce Animal Crackers*	March 24 Bean & Cheese Chalupa* with Garnish Cup & Salsa Black Beans Pears
March 27 Spring Break	March 28 Spring Break	March 29 Spring Break	March 30 Spring Break	March 31 Spring Break

Color My Plate: Green

Lettuce, green beans, and broccoli are regularly served on our lunch menu. These vegetables are members of the green group. The green group contains fruits and veggies that promote better vision and strong bones and teeth.

- * = Item contains whole grains
- L = Locally sourced
- Milk served with lunch contains no artificial growth hormones or antibiotics
- Menu is subject to change based on availability and quality of food items.