

Mon., March 15

Frank on a Roll
Smiley Fries
Or
Deli Turkey Wrap
Smiley Fries
Or
Bagel & Yogurt
Or
Cheese Pizza
Or
Sunbutter & Jelly or
Fluff Sandwich

Vegetable Tray & Dip
Chilled Fruit

Tues., March 16

Belgian Waffle Sticks

Light Sausage Links
Or
Deli Turkey Wrap
Chips or Pretzels
Or
Bagel & Yogurt
Or
Cheese Pizza
Or
Sunbutter & Jelly or Fluff
Sandwich
Snack Pack Carrots
Frozen Juice Bar
Chilled Fruit

Wed., March 17

Pasta with Marinara
Sauce and Meatballs
Bread Stick
Or
Deli Turkey Wrap
Chips or Pretzels
Or
Bagel & Yogurt
Or
Cheese Pizza
Or
Sunbutter & Jelly or
Fluff Sandwich
Tossed Salad
Chilled Fruit
St. Patrick's Day Jello

Thurs., March 18

Chicken Nuggets
Whipped Potato
Choice of Sauces
Or
Deli Turkey Wrap
Chips or Pretzels
Or
Bagel & Yogurt
Or
Cheese Pizza
Or
Sunbutter & Jelly or
Fluff Sandwich
Steamed Vegetable
Green Grapes

Friday, March 19

Personal Round
Cheeses Pizza
Or
Deli Turkey Wrap
Chips or Pretzels
Or
Bagel & Yogurt
Or
Sunbutter & Jelly or
Fluff Sandwich
Tossed Salad
Assorted Fruit

Mon., March 22

Chicken Basket
(Assortment of Your
Favorite Chicken Items)
Potato Puffs
Or
Toasted Cheese
Sandwich/Potato Puffs
Or
Bagel & Yogurt
Or
Cheese Pizza
Or
Sunbutter & Jelly Or
Fluff Sandwich
Veggie Sticks
Melon Slice

Tues., March 23

Domino's Pizza
Or
Toasted Cheese
Sandwich
Chips or Pretzels
Or
Bagel & Yogurt
Or
Cheese Pizza
Or
Sunbutter & Jelly Or
Fluff Sandwich
Tossed Salad

Blueberry Crisp

Wed., March 24

Spaghetti and Meat or
Marinara Sauce
Wheat Dinner Roll
Or
Toasted Cheese
Sandwich
Or
Bagel & Yogurt
Or
Cheese Pizza
Or
Sunbutter & Jelly Or Fluff
Sandwich
Steamed Italian
Vegetables
Fruit

Thurs., March 25

Nachos
Hamburg, Lettuce,
Cheese, Tomato, Salsa
Or
Toasted Cheese
Sandwich
Or
Bagel & Yogurt
Or
Cheese Pizza
Or
Sunbutter & Jelly Or Fluff
Sandwich
Fluffy Rice
Kernel Corn
Warm Apple Slices

Friday, March 26

Pick a Pizza Day
Or
Toasted Cheese
Sandwich
Or
Bagel & Yogurt
Or
Sunbutter & Jelly Or
Fluff Sandwich

Garden Salad
Chilled Fruit

Mon., March 29

Meatball Sub
Snack Bag of Pretzels
Or
Vegetable Wrap
Snack Bag of Pretzels
Or
Soft Pretzel, Yogurt &
String Cheese
Or
Cheese Pizza
Or
Sunbutter & Jelly Or
Fluff Sandwich
Cup Of Soup
Veggie Sticks
Chilled Fruit

Tues., March 30

Chicken Nuggets
Baked Potato
Or
Vegetable Wrap
Snack Bag of Pretzels
Or
Soft Pretzel, Yogurt &
String Cheese
Or
Cheese Pizza
Or
Sunbutter & Jelly or
Fluff Sandwich
Steamed Mixed
Vegetables
Fruit Cup

Wed., March 31

Pasta with Marinara
Sauce and Mozzarella
Sticks
Garlic Bread
Or
Vegetable Wrap
Snack Bag of Pretzels
Or
Soft Pretzel, Yogurt &
String Cheese
Or
Cheese Pizza
Or
Sunbutter & Jelly Or Fluff
Sandwich
Tossed Salad
Chilled Fruit
BIRTHDAY CLUB



EXPLORING THE SECRETS OF "MY PYRAMID"



Q: What's the only common vegetable that's only sold fresh - never canned, frozen, cooked, or processed in any way?

A: Lettuce - can you imagine frozen or canned lettuce?!

LEARN MORE AT WWW.KIDSHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML

OUR NATION'S HISTORY

The Declaration of Independence was written in 1776 by a committee of the Continental Congress that had three members: Ben Franklin, John Adams, and Thomas Jefferson. Franklin was already 70 at the time and would live another 14 years. Adams and Jefferson were younger men, and each would go on to become President of the United States - and they also became bitter political rivals in the young republic. In later life, they would become friends again and correspond for many years. Amazingly, Adams and Jefferson died on the same day, and, even more amazingly, that day was July 4, 1826 - exactly 50 years to the day from the signing of their Declaration.

WITH LIBERTY & JUSTICE FOR ALL