

# ST. PATRICK'S DAY



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

**Monday, March 16**  
*Breakfast*  
Breakfast Pizza \*  
  
*Lunch*  
-Queso Chicken Nachos  
-Sub Sandwich  
-Popcorn Chicken salad & Bosco Stick  
-PBJ Sandwich  
Seasoned Green Beans  
Chilled Peaches  
Cold Milk

**Tuesday, March 17**  
*Breakfast*  
Yogurt Parfait & Nutri-Grain Bar  
  
*Lunch*  
-Straw Hat  
-Breaded Chicken Sandwich  
-Italian Salad & Bosco Stick\*  
-PBJ Sandwich  
Cheesy Refried Beans  
Strawberry Cup  
Cold Milk

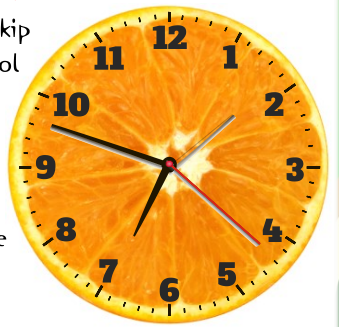
**Wednesday, March 18**  
*Breakfast*  
Cinnamon Toast Crunch  
Cereal Muffin  
  
*Lunch*  
-Chicken Nuggets & Roll  
-BBQ Ribette Sandwich\*  
-Chef Salad & Bosco Stick  
-PBJ Sandwich  
Mashed Potatoes & Gravy  
Craisins  
Cold Milk

**Thursday, March 19**  
*Breakfast*  
Bacon, Egg & Cheese Biscuit\*  
  
*Lunch*  
-Cheeseburger  
-BBQ Grilled Chicken Sandwich  
-Italian Salad & Bosco Stick\*  
-PBJ Sandwich  
Fresh Broccoli  
Frozen Juice Cup  
Cold Milk

**Friday, March 20**  
*Breakfast*  
French Toast Sticks & Syrup  
*Lunch*  
-Cheese Ravioli ,Sauce & Bread Stick  
-Cheesy Fish Sandwich  
-Chef Salad & Bosco Stick  
-PBJ Sandwich  
Baby Carrots  
Fresh Apple  
Spring Cookie  
Cold Milk

## SQUEEZED FOR TIME?

Up to 30% of kids skip breakfast every school day. Even if your mornings are frantic, you'll feel better all day and do better in school, too, if you've had a balanced, nutritious breakfast!



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

**Monday, March 23**  
*Breakfast*  
Cinnamon Roll  
*Lunch*  
-Sausage, Egg & Cheese Croissant\*  
-Sloppy Joe Sandwich  
-Popcorn Chicken Salad & Bosco Stick  
-PBJ Sandwich  
Green Beans  
Chilled Pears  
Cold Milk

**Tuesday, March 24**  
*Breakfast*  
Breakfast Chicken Biscuit  
  
*Lunch*  
-Orange Chicken & Fried Rice  
-Hamburger on Bun  
-Italian Salad & Bosco Stick\*  
-PBJ Sandwich  
Steamed Broccoli  
Chilled Pineapple  
Fortune Cookie  
Cold Milk

**Wednesday, March 25**  
*Breakfast*  
Pancake Sausage Stick\*  
*Lunch*  
-Pretzel Sticks, Popcorn Chicken & Queso  
-Hot Ham & Cheese Sandwich  
-Chef Salad & Bosco Stick  
-PBJ Sandwich  
Seasoned Carrots  
Blue Raspberry Applesauce  
Cold Milk

**Thursday, March 26**  
  
*Parent Teacher Conferences*  
No School

**Friday, March 27**  
  
No School

## 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 amazing when it's slow-cooking, and eating a bowl of hot stew can really warm you up on a raw and blustery late winter or early spring day, too!

**A QUICK BITE FOR PARENTS**

**Monday, March 30**  
*Breakfast*  
Apple Strudel  
*Lunch*  
-Pepperoni Pizza\*  
-Hot & Spicy Chicken Sandwich  
-Popcorn Chicken Salad & Bosco Stick  
-PBJ Sandwich  
Green Beans  
Chilled Applesauce  
Cold Milk

**Tuesday, March 31**  
*Breakfast*  
Egg & Cheese Biscuit  
*Lunch*  
-French Toast Sticks & Sausage\*  
-Turkey & Cheese Croissant  
-Italian Salad & Bosco Stick\*  
-PBJ Sandwich  
Seasoned Carrots  
Chilled Pears  
Gogurt Yogurt  
Cold Milk

**Wednesday, April 1**  
*Breakfast*  
Strawberry Cream  
Cheese Bagel  
  
*Lunch*  
-Cheeseburger  
-Corn Dog  
-Chef Salad & Bosco Stick  
-PBJ Sandwich  
Steamed Broccoli  
Chilled Peaches  
Cold Milk

# SPRING

# BREAK

