



March



Have **FUN** and color me!

Monday	Tuesday	Wednesday	Thursday	Friday
1 Baked Chicken Or Sloppy Joe Mac/Cheese Chips/G.Beans Apple Goodie Hot Rolls	2 Build Your Own Burrito Spanish Rice Lettuce/Tomato Fresh Fruit	3 Salisbury Steak Chicken Nugget Buttered Noodle Baked Beans or Peas/Carrots Fruit/Bread	4 Beef Enchiladas Or Chili Dog Pinto Beans Coleslaw Banana Pudding Bread	5 Catfish Hamburger Oven FF Corn on Cob Lettuce/Tomato Cookie
8 CF Steak/Gravy Or BBQ on Bun Mashed Potatoes Mixed Veg. or Chips Spice Cake Bread	9 Burrito/Chili Or Corn Dog Pinto Beans Spanish Rice Fruit Jello Bread	10 Club Sandwich Soup or Sausage Roll Tator Tots Lettuce/Tomato Chili Beans Fruit	11 Fried Chicken Or Cheeseburger Cheese Potatoes Green Beans Peach Cobbler Hot Rolls	12 Cheese Pizza Chicken Patty Applesauce Buttered Corn Lettuce/Tomato Sugar Cookie
15	16 SPRING	17 BREAK	18 HOLIDAY	19
22 Spag/Sauce Pizza Pocket Italian Salad Buttered Corn Garlic Bread Cake	23 Stew Meat/Gravy Hamburger Mashed Potatoes Broccoli/Cheese Hot Rolls/Fruit	24 Homemade Pizza Applesauce Green Salad Sugar Cookie	25 Chili Dog or Ham/Cheese Sandwich Soup/Chips Baby Carrots or Baked Beans Fresh Fruit	26 Moosey Cow Fish Nuggets Oven FF Coleslaw Corn on Cob Fruit Jello
29 Build Your Own Burrito Spanish Rice Beef tacos Green Salad Choc. Pudding	30 Roast/Gravy Corn Dog Mashed Potatoes Green Beans Apple Goodie Hot Rolls	31 Meatloaf BBQ on Bun Mac/Cheese Pinto Beans Coleslaw Applesauce Cake Bread		

National School Breakfast Week Ready, Set, Go! March 8-12.

Studies have shown that kids who eat breakfast behave better and have an easier time learning than kids who don't eat breakfast. Breakfast eaters also miss school less often than kids who skip the first meal of the day. Want to boost your brainpower? Eat breakfast at school!

Breakfast Match-Up

A quick but nutritious breakfast should include foods from at least three different food groups. Match the food on the right with its correct food group on the left. Then pick three foods you would like to eat for breakfast! See what your school has for you today.

1. milk group
2. protein group
3. fruit group
4. vegetable group
5. grain group



- a. apple
- b. wheat toast
- c. peanut butter
- d. yogurt
- e. carrot



March is National Nutrition Month,

a time to focus on making good food choices. These include eating small portions of healthy foods from the six food groups. Celebrate with a smart snack of strawberries and low-fat chocolate milk. A school meal is always a healthy choice. Cheers!

Answers: 1.d, 2.c, 3.a, 4.e, 5.b

Check Out the CAFETERIA BUZZ



Find out the amount of healthy food you need each day by getting your personal food guide pyramid at www.mypyramid.gov. Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write US DA, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). US DA is an equal opportunity provider and employer.

Crunch & Munch



I love bananas. And I'm not alone. The average American eats more than 28 pounds of bananas a year!



WOW! That's a lot of bananas!

I like bananas blended into smoothies and sliced into my breakfast cereal.

