



March



Have FUN and color me!

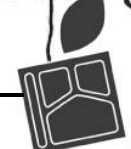


Monday

Tuesday

Wednesday

Thursday

Friday

<p>2 Pancakes Syrup Juice Milk</p> <hr/> <p>BBQ Baked Beans Goldfish Fruit Cookies Milk</p>	<p>3 Bagels Juice Milk</p> <hr/> <p>Ravioli / Corndogs Salad Peas Max Stix Fruit Milk</p>	<p>4 Sausage Biscuit</p> <hr/> <p>Jelly Juice Milk</p> <hr/> <p>Baked Chicken Mashed Potatoes Veggie Fruit Rolls Milk</p>	<p>5 Breakfast Pizza Juice Milk</p> <hr/> <p>Nachos Beans Salad Fruit Cookies Milk</p>	<p>6 Cereal Cinnamon Toast Juice Milk</p> <hr/> <p>Hamburgers Burger Fixins Fries Fruit Cookies Milk</p>
<p>9 Pancake Sausage On a Stick Syrup Juice Milk</p> <hr/> <p>Pizza Salad Corn Fruit Cookies Milk</p>	<p>10 Donuts Lil Smokies Juice Milk</p> <hr/> <p>Steak Fingers Mashed Potatoes Veggie Fruit Rolls Milk</p>	<p>11 Ham & Cheese Puffs Juice Milk</p> <hr/> <p>Turkey Roast Yams Veggie Fruit Rolls Milk</p>	<p>12 Cereal Cinnamon Toast Juice Milk</p> <hr/> <p>Fish Mac & Cheese Baked Beans Fruit Bread Milk</p>	<p>13 Sausage Rolls Juice Milk</p> <hr/> <p>Hamburgers / BBQ Burger Fixins Fries Fruit Cookies Milk</p>
<p>16</p> <p>SP</p> <p>B</p>	<p>17</p> <p>R</p> <p>R</p>	<p>18</p> <p>I</p> <p>E</p>	<p>19</p> <p>N</p> <p>A</p>	<p>20</p> <p>G</p> <p>K</p>
<p>23 Strudels Cereal Juice Milk</p> <hr/> <p>Pizza Corn Salad Fruit Cookies Milk</p>	<p>24 Pancake Sausage On a Stick Syrup Juice Milk</p> <hr/> <p>Beef & Cheese Enchiladas Pinto Beans Fruit Cornbread Milk</p>	<p>25 Sausage Rolls Juice Milk</p> <hr/> <p>Chicken Rings Mashed Potatoes Veggie Fruit Rolls Milk</p>	<p>26 Ham & Cheese Puffs Juice Milk</p> <hr/> <p>Chili Corn Chips/ Crackers Salad Veggie Fruit Cookies Milk</p>	<p>27 Bagels Juice Milk</p> <hr/> <p>Hamburgers / BBQ Burger Fixins Fries Fruit Cookies Milk</p>
<p>30 Pancakes Syrup Juice Milk</p> <hr/> <p>Hot Dogs / Corndogs Mac & Cheese Baked Beans Fruit Cookies Milk</p>	<p>31 Donuts Lil Smokies Juice Milk</p> <hr/> <p>Chicken Sandwich Sandwich Fixins Goldfish Fruit Cookies Milk</p>	<div style="display: flex; align-items: center; justify-content: space-between;"> <div style="text-align: center;">  <p>square meals</p> </div> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> </div> <div style="text-align: center; border: 1px solid black; padding: 10px; margin-top: 10px;"> <p>Celebrate National School Breakfast Week! MARCH 2-6</p> </div>		

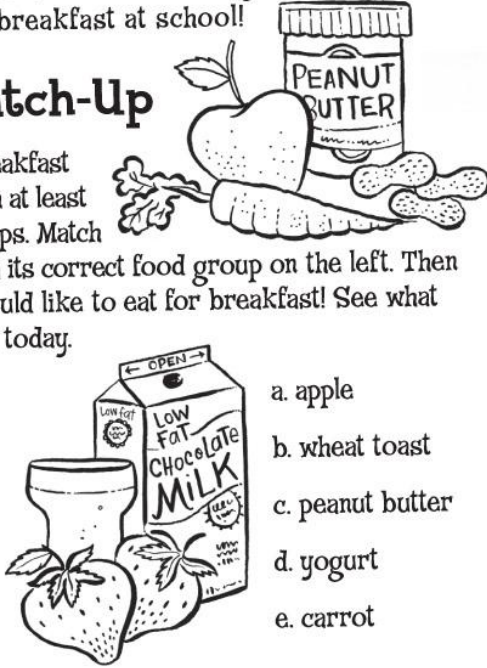
National School Breakfast Week Powers Up March 2-6.

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

Check Out the CAFETERIA BUZZ



Menus meet recommended dietary guidelines and may change due to product availability, customer satisfaction or other significant market changes.

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.

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