



School Information:
MARCH 14, eLearning day
MARCH 15, WELCOME LAPEL CHOIR ☺
MARCH 30, Spring break begins



Nutrition Tip:
 Limit added sugars: Flavored milks and yogurts, frozen yogurt and puddings can contain a lot of sugars. Get your nutrients from dairy foods with fewer or no added sugars for a healthy life.



Monday



Tuesday

Wednesday



Thursday

Friday

Daily offerings include, pizza, cheeseburgers, chicken sandwiches, salad bar, "grab and go" salads and sandwiches

PASTA W/ MEATBALLS, BROCCOLI, APPLESAUCE, MILK

GRILLED CHEESE W/ BACON, TOMATO SOUP, PEAS, MIX FRUIT, MILK

APPLE CINNAMON FRENCH TOAST, SAUSAGE, POTATOES, JUICE, FRUIT, MILK

TACOS, SALSA, BLACK BEANS, CILANTRO RICE, FRESH FRUIT, MILK

COUNTRY FRIED STEAK, MASHED POTATOES, CORN, ROLL, PEACHES, MILK

CHICKEN PARMESAN & PASTA, GREEN BEANS, PEARS, FRESH FRUIT, MILK

B-B-Q RIB SANDWICH, BAKED BEANS, VEGGIE STICKS, APPLESAUCE, MILK

CHICKEN AND WAFFLES, HASH BROWN, WARM APPLES, JUICE, MILK

IRISH NACHOS, SALSA, APPLESAUCE, ROMAINE SALAD, MILK

eLEARNING DAY

WELCOME LAPEL CHOIR
 BLACKHAWK BOWL, CHICKEN, MASHED POTATOES, CORN, ROLL, MIXED FRUIT, MILK

PEPPERONI BOSCO STICKS, MARINARA SAUCE, BROCCOLI, APPLESAUCE, MILK

MINI CORN DOGS, HOT CARROTS, PRETZELS, MIXED FRUIT, MILK

BLACKHAWK BURGER, FRIES, FRESH FRUIT, RICE KRISPY TREAT, MILK

PORK CHOP, MASHED POTATOES, CORN, BISCUIT, PEACHES, MILK

CRISPIITOS W/ SALSA, MEXI RICE, SEASONED REFRIED BEANS, APPLESAUCE, MILK

MAC & CHEESE, GREEN BEANS, ORANGES, JUICE, MILK

SAUSAGE, GRAVY, BISCUIT, WARM SLICED APPLES, POTATOES, JUICE, MILK

B-B-Q CHICKEN SANDWICH, BROCCOLI, PEARS, MILK

CHEESE BOSCO STICKS, W/ DIPPING SAUCE, CORN, FRUIT, MILK

COOKS CHOICE, VEGGIE, FRUIT, MILK

SPRING BREAK BEGINS ☺