



School Information:

March 16th E-learning day



Nutrition Tip: March is National Nutrition Month! To celebrate try getting more creative in the kitchen and trying a new recipe or cuisine you haven't had before.

References: Academy of Nutrition & Dietetics

Monday

2

Chicken and waffles, juice, mixed berry topping, hash brown, fresh fruit, milk

9

French toast sticks, sausage, breakfast potatoes, warm spiced apples, juice, milk

16

E-learning day



23

Meatball sub sandwich w/ cheese, pears, green beans, milk

30

Sausage gravy, biscuit, juice, breakfast potatoes, sausage link, mixed berries, milk

Tuesday

3

Street tacos, romaine lettuce, cheese, salsa, fiesta beans, carrots, pears, milk

10

Cheese quesadilla, refried beans, romaine salad, salsa, pears, fresh fruit, milk

17

Irish nachos, taco meat, potato wedges, nacho chips, salsa, cheese, applesauce, milk

24

Chicken fajitas, salsa, roasted pepper & onions, romaine lettuce, fresh fruit, milk

31

Stromboli, marinara sauce, romaine lettuce, applesauce cookie, milk

Wednesday

4

Pepperoni bosco, marinara sauce, steamed broccoli, mixed fruit, fresh fruit, milk

11

Parmesan chicken sandwich, marinara sauce, mixed veggies, peaches, milk

18

Mini corn dogs, ranch dipping sauce, baked beans, spinach salad, mixed fruit cup, milk

25

Cheese bosco sticks, marinara dipping sauce, broccoli, berry fruit cup, milk

Thursday

5

Country fried steak, gravy whipped potatoes, corn, roll, applesauce, milk

12

Blackhawk bowl, chicken mashed potatoes, corn, gravy, roll, applesauce, milk

19

Chicken and noodles, whipped potatoes, corn, gravy, peaches, fresh fruit, milk

26

Salisbury steak, mashed potatoes, gravy, corn, roll, peaches, fresh fruit, milk

Friday

6

Grilled cheese, tomato soup, green beans, peaches, milk

13

B-B-Q rib sandwich, baked chips, carrot sticks, mixed fruit, fresh fruit, milk

20

Blackhawk burger, onion rings, romaine lettuce, tomato slices, pears, milk

27

Pulled pork sliders, baked beans, carrot sticks, warm spiced apples, milk

Deposits may be made online for your student's meal account at www.sendmoneytoschool.com

