

March Menu

Middle School SPRING FRUIT SMOOTHIE


- 1 FROZEN BANANA, PEELED AND SLICED
 - 2 CUPS FROZEN STRAWBERRIES
 - 1 CUP MILK
 - 1/2 CUP PLAIN OR VANILLA YOGURT
 - 1/2 CUP FRESHLY SQUEEZED ORANGE JUICE
 - 2 TO 3 TABLESPOONS HONEY OR TO TASTE
- PUT ALL THE INGREDIENTS IN A BLENDER AND PROCESS UNTIL SMOOTH. POUR INTO GLASSES AND SERVE.



RISE AND SHINE!



START THE DAY OFF RIGHT WITH A HEALTHY, FUN BREAKFAST!
NATIONAL SCHOOL BREAKFAST WEEK IS MARCH 4TH-8TH, SO COME JOIN US!

Monday	Tuesday	Wednesday	Thursday	Friday
4 Chicken Fried Steaks or Boneless Wings with Hot Roll Roasted Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Fruit Cup	5 Chicken Parmesan w/ Garlic Stick or Pizza Steamed Broccoli Fresh Salad w/ Toppings Berries & Cream	6 Soup, Sandwich, and Salad <i>Choice of Soup and Sandwich</i> Fresh Salad w/ Toppings Fresh Oranges	7 Build Your Own Tacos or Chili Cheese Nachos with Spanish Rice Charro Beans Fresh Salad w/ Toppings Homemade Salsa Rainbow Pears	8 Grab N' Go Sack Lunch 

Enjoy Your Spring Break!

18 Steak Fingers or Chicken Nuggets with Hot Roll Mashed Potatoes Sautéed Vegetable Fresh Salad w/ Toppings Fruit Cup	19 French Bread Pizza or Pizza Sweet Seasoned Corn Fresh Salad w/ Toppings Colorful Apple Sauce	20 Monterrey Chicken with Hot Roll or Burger Steamed Vegetables Fresh Salad w/ Toppings Fruit Cup	21 Build Your Own Tacos or Quesadillas with Spanish Rice or Pizza Refried Beans Homemade Salsa Fresh Salad w/ Toppings Fruit Cup	22 Chili Dog Basket with Fries Fresh Salad w/ Toppings Fresh Fruit
25 Chicken Pot Pie or Burger Seasoned Vegetables Fresh Salad w/ Toppings Fruit Cup	26 Calzones or Pizza Steamed Vegetables Fresh Salad w/ Toppings Banana Sundae	27 Popcorn Chicken with Hot Roll or Crispy Chicken Salad Hot Roll Mashed Potatoes Seasoned Vegetables Fresh Salad w/ Toppings Berries & Cream	28 Build Your Own Tacos or Crisпитos Charro Beans Spanish Rice Homemade Salsa Fresh Salad w/ Toppings Fruit Cup	29 Corn Dog Basket with Fries Fresh Salad w/ Toppings Fresh Fruit

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage Roll or French Toast	Scrambled Eggs w/ Toast & Sausage, Bacon, or Ham	Breakfast Pizza or Sausage Biscuit	Cinnamon Roll or Pancake Wrap	Waffles or Muffin & Yogurt

Breakfast

A variety of milk will be offered with every meal.