

**Monday, March 15**

**Choice of One**  
Stuffed Crust Pizza  
Salad/Sandwich Bar

**Choice of Two or More**

Tossed Salad  
Baby Carrots  
Assorted Juice  
Roll

Milk

**Tuesday, March 16**

**Choice of One**  
Chicken Nuggets  
Salad/Sandwich Bar

**Choice of Two or More**

Tossed Salad  
Corn  
Peaches  
Roll

Milk

**Wed., March 17**

**Choice of One**  
Assorted Hot Subs  
Salad/Sandwich Bar

**Choice of Two or More**

Tossed Salad  
Home Fries  
Banana

Milk

**Thurs., March 18**

**Choice of One**  
Bacon Cheese Burger  
Salad/Sandwich Bar

**Choice of Two or More**

Tossed Salad  
Curley Fries  
Orange

Milk

**Friday, March 19**

**Choice of One**  
BIG DADDY'S PIZZA  
Salad/Sandwich Bar

**Choice of Two or More**

Tossed Salad  
Baby Carrots  
Assorted Juice  
Roll

Milk



**BREAK AN EGG.**

Hey, why do you think it's called BREAKfast? A breakfast sandwich of an egg, a slice of lean ham, and a piece of cheese on a whole-wheat English muffin, with an orange and lowfat milk, provides a delicious variety of foods, and only about 550 calories. Keeps you feeling full, too. Enjoy!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!**

**Monday, March 15**

**Choice of One**  
Beef Ravioli  
Salad/Sandwich Bar

**Choice of Two or More**

Tossed Salad  
Cauliflower  
Apple Juice  
Garlic Bread

Milk

**Tuesday, March 23**

**Choice of One**  
General Tsao's Chicken  
Salad/Sandwich Bar

**Choice of Two or More**

Tossed Salad  
Oriental Vegetables  
Applesauce

Milk

**Wed., March 24**

**Choice of One**  
Meatball Sandwich  
Salad/Sandwich Bar

**Choice of Two or More**

Tossed Salad  
Oven Fries  
Mixed Fruit

Milk

\*Portion Chips\*

**Thurs., March 25**

**Choice of One**  
Cheese Omelet  
Salad/Sandwich Bar

**Choice of Two or More**

Tossed Salad  
Tater Tots  
Pears  
Warm Biscuit

Milk

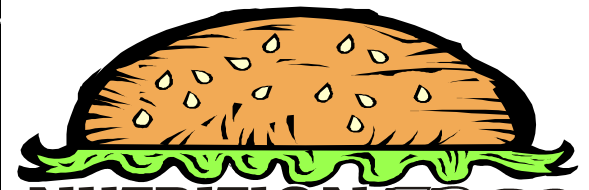
**Friday, March 26**

**Choice of One**  
White Pizza  
Salad/Sandwich Bar

**Choice of Two or More**

Tossed Salad  
Baby Carrots  
Assorted Juice  
Roll

Milk



**NUTRITION TO GO**

Condiments can dramatically change the fat content of a sandwich. Just one tablespoon of real mayonnaise adds 100 calories and 11 grams of fat to a sandwich (that's 17% of the recommended daily fat maximum). The same amount of mustard adds just 10 calories and less than 1 gram of fat.

**A TASTY MORSEL FOR PARENTS**

**Monday, March 29**

**Choice of One**  
Spaghetti w/ Meatballs  
Salad/Sandwich Bar

**Choice of Two or More**

Tossed Salad  
Broccoli  
Peaches

Milk

**Tuesday, March 30**

**Choice of One**  
Hot Dog w/ Whole Grain Bun  
Salad/Sandwich Bar

**Choice of Two or More**

Tossed Salad  
Baked Beans  
Pineapple

Milk

**Wed., March 31**

**Choice of One**  
Beef Stew  
Salad/Sandwich Bar

**Choice of Two or More**

Tossed Salad  
Carrots  
Fruity Jell-O  
Corn Bread

Milk

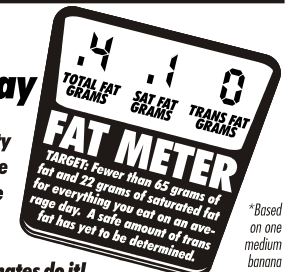
\*Chocolate Pudding\*

**FIT FAT** WANNA STAY FIT? FIGHT THE FAT!



**ITEM: Bananas**  
**VERDICT: Peel Away**

**TIP:** Because of their portability and nutritional power, bananas are the #1 fruit choice among the world's leading athletes. Try peeling your bananas from the bottom to avoid having to pick out the little stringy things – that's how other primates do it!



\*Based on one medium banana