



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| 1 Country Steak w/ Creamy Gravy Yogurt Plate/ Mashed Potatoes Mandarin Oranges Wheat Roll | 2 Chicken Nuggets Chef Salad Plate Steam Corn Tropical Fruit Wheat Rolls | 3 Chopped BBQ Beef on Bun Yogurt Plate/ Pinto Bean Chilled Pineapple | 4 Oven Fried Chicken Chef Salad Plate/ Sweet Peas Apple Crisp | 5 Chili Dog w/ cheese Yogurt Plate/ Ranch Beans Fresh Oranges |
| 8 Chicken Nuggets Yogurt Plate/ Mashed Potatoes Steamed Spinach Tropical Fruit Wheat Rolls | 9 Steak Fingers Chef Salad Plate/ Corn-on-Cob Chilled Apricots | 10 Beef Burrito Yogurt Plate/ Green Beans Fresh Pineapple Peach Crisp | 11 BBQ Chicken Chef Salad Plate/ Pinto Beans Granny Apple Wheat Roll | 12 Chicken on Bun Yogurt Plate/ Baby Carrots w/ Ranch Dressing Pear Slices |
| 15 | 16 | 17 | 18 | 19 |
| SPRING BREAK | | | | |
| 22 | 23 | 24 | 25 | 26 |
| NO SCHOOL | | | | |
| 29 Chicken Nuggets Yogurt Plate/ Corn-on-Cob Tropical Fruit Wheat Rolls | 30 Macaroni & Cheese Chef Salad/ Sweet peas Cornbread Chilled Apricots | 31 Sloppy Joe on Bun Yogurt Plate/ Pinto Beans Orange Half | | |

National School Breakfast Week Ready, Set, Go! March 8-12.

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

Check Out the CAFETERIA BUZZ



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. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write US DA, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). US DA is an equal opportunity provider and employer.

Crunch & Munch

Healthy Foods are Friends for Life

Hey, Munch, Why did the banana go to the doctor?

I don't know.

Because it wasn't peeling well!

the DOCTOR IS IN

Ha Ha!

I love bananas. And I'm not alone. The average American eats more than 28 pounds of bananas a year!

WOW! That's a lot of bananas!

I like bananas blended into smoothies and sliced into my breakfast cereal.

Hey, Crunch! How does the man in the moon eat his cereal?

I give up. Out of satellite dishes!