



Monday	Tuesday	Wednesday	Thursday	Friday
1 Country Fried Steak w/Gravy Baked Potato/ Yogurt Plate/ Mashed Potatoes Mandarin Oranges Wheat Rolls	2 Pizza Slice/ Chef Salad Plate/ Chicken Salad Sandwich/ Steamed Broccoli Pineapple	3 Chopped BBQ Beef on Bun Baked Potato/ Yogurt Plate/ Pinto Bean Chilled Peaches	4 Oven Fried Chicken Chef Salad Plate/ Tuna Salad Plate/ Sweet Peas Apple Crisp	5 Chili Dog w/ cheese Baked Potato Plate Yogurt Plate/ Ranch Beans Fresh Oranges
8 Chicken Nuggets Bake Potato Plate/ Yogurt Plate/ Mashed Potatoes Steamed Spinach Tropical Fruit Wheat Rolls	9 Pizza Slice/ Chef Salad Plate/ Chicken Salad Sandwich/ Green Beans Chilled Apricots	10 Combo Burrito Baked Potato/ Yogurt Plate/ Mexican Corn Chilled Pineapple	11 BBQ Chicken Chef Salad Plate/ Tuna Salad Plate/ Pinto Beans Peach Crisp Wheat Roll	12 Chicken on Bun Baked Potato Plate Yogurt Plate/ Baby Carrots Mixed Fruit
15	16	17	18	19
SPRING BREAK				
22	23	24	25	26
NO SCHOOL				
29 Chicken Nuggets Baked Potato/ Yogurt Plate/ Corn-on-Cob Tropical Fruit Wheat Roll	30 Pizza Slice/ Chef Salad Plate/ Chicken Salad Sandwich/ Sweet Peas Chilled Apricots	31 Sloppy Joe on Bun Baked Potato/ Yogurt Plate/ Pinto Beans Chilled Mandarin Oranges		

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.
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Crunch & Munch



Crunch & Munch comics by Miss J. Jay.

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.

