Monday, March II

Lunch -Bacon Cheeseburger -Mini Corn Dogs -Popcorn Chicken Salad & Bosco Stick -Deli Sandwich **Baked Beans Chilled Pears** Cold Milk

Tuesday, March 12

Lunch -Soft Chicken Tacos -Hot Ham & Cheese Sandwich -Italian Salad & Bosco Stick -Deli Sandwich Sweet Corn Orange Smiles

Cold Milk

Wednesday, March 13

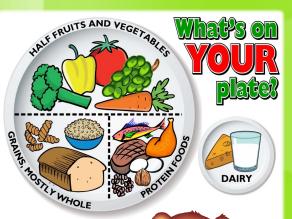
Lunch -Popcorn Chicken & Breadstick -BBQ Rib Sandwich -Chef Salad & Bosco Stick -Deli Sandwich **Green Beans Chilled Applesauce** Cold Milk

Thursday, March 14

Lunch -Toasted Ravioli & Bosco Stick -Hot & Spicy Chicken Sandwich -Italian Salad & Bosco Stick -Deli Sandwich Steamed Broccoli Chilled Peaches Cold Milk

Friday, March 15

Lunch -Cheese Pizza -Fish Sticks & **Cornbread Muffin** -Chef Salad & Bosco Stick -Deli Sandwich **Seasoned Carrots** Mixed Fruit Cold Milk



What did the **Teddy Bear** say when he was offered



"No, thanks. I'm stuffed!" Actually, that's not a bad answer for a real kid, too. Foods that are mainly sugar, fat, or oil -- like candy and desserts -- are fine in small portions and once in awhile. But they should not replace healthy foods in your diet and they should not be an every day choice!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay healthy/food/pyramid.html

Monday, March 18

Lunch -Chicken Strips & Mini Waffles -Sub Sandwich -Popcorn Chicken Salad & Bosco Stick -Deli Sandwich **Emoii Potatoes** Chilled Applesauce Spring Cookie Cold Milk

Tuesday, March 19

Lunch -Chicken Quesadilla -Mini Corn Dogs -Italian Salad & Bosco Stick -Deli Sandwich Green Beans **Chilled Pears** Cold Milk

Wednesday, March 20

Lunch -Cheesy Beef Nachos -Toasted Cheese Sandwich -Chef Salad & Bosco Stick -Deli Sandwich Fiesta Beans Fresh Apple Cold Milk

Thursday, March 21

Lunch -Orange Chicken & Fried Rice -Hamburger on Bun -Italian Salad & Bosco Stick -Deli Sandwich Steamed Broccoli Pineapple Tidbits Fortune Cookie Cold Milk

Friday, March 22

Lunch -Baked Potato & Cheese. Margarine & Bosco Stick -Fish Sandwich -Chef Salad & Bosco Stick -Deli Sandwich **Baby Carrots Chilled Peaches** Cold Milk

Monday, March 25

Lunch -Pepperoni Pizza -Breaded Chicken Sandwich -Popcorn Chicken Salad & Bosco Stick -Deli Sandwich Sweet Corn Chilled Pears Cold Milk

Tuesday, March 26

Lunch -Sausage, Egg & Cheese Croissant -Turkey & Cheese Wrap -Italian Salad & Bosco Stick -Deli Sandwich Seasoned Carrots Mixed Fruit

Cold Milk

Wednesday, March 27

No Lunch Early Dismissal

Thursday, March 28

Easter Break

Easter Break

Friday, March 29

NUTRITION 7050

Turns out Grandma was right: chicken soup IS good for a cold! Chicken soup helps to ease cold symptoms by breaking up congestion, keeping you hydrated, and even acting as an anti-inflammatory. The taste and aroma can be therapeutic, too! There's no cure for a cold, but a piping hot bowl of soup can at least offer some relief.

A QUICK BITE FOR PARENTS