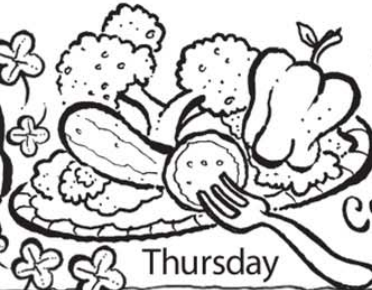




March



Have FUN and color me!

Monday

Tuesday

Wednesday

Thursday

Friday

<p>1 CHIL DOGS CHEESE CUPS CHIPS VEGGIE BEANS APPLESAUCE MILK ALT: SUB SANDWICH</p>	<p>2 VEGETABLE SOUP PIMENTO CHEESE SANDWICH OR HAM SANDWICH CRACKERS APPLE COBBLER MILK ALT: BAKED POTATO</p>	<p>3 CHEESE NACHO'S PINTO BEANS CORNBREAD ICE CREAM ALT: CHEF SALAD</p>	<p>4 LASAGNA GREEN BEANS TOSSED SALT BREAD PEACHES MILK ALT: BAKED POTATO</p>	<p>5 HAMBURGER CHEESEBURGER BAR-B-QUE OVEN FRIES LETTUCE, TOMATO ONION, PICKLES CATSUP/ MUSTARD/MAYO OATMEAL COOKIE MILK</p>
<p>8 CHEESE PIZZA PEPPERONI PIZZA CARROTS STICK RANCH DRESSING CORN APPLESAUCE MILK ALT: SUB SANDWICH</p>	<p>9 SPAGHETTI W/MEAT SAUCE GREEN BEANS TOSSED SALAD RANCH DRESSING MIXED FRUIT BREAD STICK MILK ALT: BAKED POTATO</p>	<p>10 CHEESE ENCHILADA PINTO BEANS TOSSED SALAD CORNBREAD SHERBET MILK ALT: CHEF SALAD</p>	<p>11 HAMBURGER CHEESE BURGER CHICKEN BURGER LETTUCE/TOMATO/ PICKLES/ONION TOTS CATSUP/MUSTARD /MAYO MILK</p>	<p>12 HAM & CHEESE SANDWICH CHIPS LETTUCE/TOMATO PICKLES APPLE MILK</p>
<p>15 S B</p>	<p>16 P R</p>	<p>17 R E</p>	<p>18 I A</p>	<p>19 N G K</p>
<p>22 CORN DOGS VEGGIE BEANS TOTS CATSUP/MUSTARD D APPLESAUCE MILK ALT: SUB</p>	<p>23 PORK ROAST CREAM POTATOES GRAVY GREEN BEANS JELLO BREAD MILK ALT: BAKED POTATO</p>	<p>24 SOFT TACOS PINTO BEANS CORNBREAD LETTUCE/ TOMATOES SALSA ICE CREAM MILK ALT: CHEF SALAD</p>	<p>25 FISH NEW POTATOES ROLLS PEAS HONEY BUTTER MILK ALT: BAKED POTATO</p>	<p>26 HAMBURGER CHEESEBURGER BAR-B-QUE LETTUCE/TOMATO PICKLES/ONION OVEN FRIES CATSUP/MUSTARD/ MAYO/MIXED FRUIT MILK</p>
<p>29 CHEESE PIZZA PEPPERONI PIZZA CARROT STICKS RANCH DRESSING CORN PEACHES MILK ALT: SUB SANDWICH</p>	<p>30 CHICKEN FRIED STEAK CREAM POTATOES/GRAVY GREEN BEANS BREAD MILK ALT: BAKED POTATO</p>	<p>31 BEEF & BEAN BURRITO CHILI CHEESE CUP PINTO BEANS CORNBREAD SHERBET MILK ALT: CHEF</p>	<div data-bbox="950 1627 1274 1879" data-label="Text"> <p>Celebrate National School Breakfast Week!</p> </div> <div data-bbox="1250 1543 1494 1900" data-label="Image"> </div>	

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 comics by Miss J. Jay

