




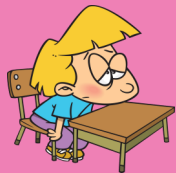
Elementary Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Soup and Sandwich Choice of Chips Sandwich Fixins' Fresh Vegetable Dippers Fruit Salad	3 Tacos Pinto Beans Spanish Rice Shredded Lettuce with Tomatoes Homemade Salsa Fruit Cup	4 Cheesy Bread Sticks with Marinara Sauce or Pizza Seasoned Sweet Corn Garden Fresh Salad Fruit Cup	5 Chicken Strips or Meatballs in Gravy Hot Roll Creamy Mashed Potatoes Steamed Broccoli Fruit Cup	6 Cheese Burger or Chicken Sandwich French Fries Lettuce, Pickles, & Tomatoes Choice of Fresh Fruit
<h2>Enjoy your Spring Break!</h2> 				
16 Asian Bowl or PB&J Grab & Go Oriental Vegetables Steamed Baby Carrots Tropical Pineapple	17 Nachos Spanish Rice Refried Beans Shredded Lettuce with Tomatoes Homemade Salsa Rainbow Pears	18 Spagazza with Garlic Toast or Pizza Green Beans Italian Salad Fruit Cup	19 Homemade Hamburger Steak with Brown Gravy or Boneless Wings Hot Roll Creamy Mashed Potatoes Grilled Fresh Squash Strawberries & Cream	20 Chicken Strip Sandwich or Cheese Burger Basket Lettuce, Pickles, & Tomatoes Choice of Fresh Fruit
23 Creamy Chicken Pot Pasta with Biscuit or Corn Dog with Chips Seasoned Vegetables Glazed Carrots Fruit Cup	24 Corn Chip Pie or Crispito Pinto Beans Spanish Rice Shredded Lettuce with Tomatoes Homemade Salsa Fruit Salad	25 Meatball Subs or Pizza Cucumber Nachos Seasoned Vegetables Mixed Fruit	26 Steak Fingers or Chicken Nuggets Hot Roll Creamy Mashed Potatoes Steamed Broccoli Banana Sundaes	27 Cheese Burger or Chicken Sandwich Basket Lettuce, Pickles, & Tomatoes Choice of Fresh Fruit

How Sweet is Your Diet?

Are you careful about how much sugar you eat daily? If not, maybe you should be! Consuming too much sugar can lead to a lot of unwanted problems. Here are a few reasons to be more mindful when choosing a sugary treat over a savory one.

- * **Sugar does not provide you with energy!** It is an empty calorie, so it doesn't add any value to our diet.
- * **Sugar intake can cause cavities!** When it sits on your teeth, sugar causes decay more efficiently than any other food.
- * **Sugar can make you sick!** It doesn't help our body fight off infections properly.



Every lunch includes a choice of milk.

March 2nd-6th is National School Breakfast Week! Check out your school breakfast for a nutritious wake up call!



Monday	Tuesday	Wednesday	Thursday	Friday
Muffin & Yogurt or Oatmeal with Toppings	Breakfast Bowl w/ Tortilla or Breakfast Sandwich	Biscuit w/ Gravy or Pig in a Blanket	Cinnamon Rolls or Scrambled Eggs & Toast w/ Choice of Sausage or Bacon	Breakfast Pizza or Pancake Wrap

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

Assistance available in English and Spanish. Please call 877-TEX-MEAL (877-839-6325) for help. In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027) found online at: http://www.asc.usda.gov/complaint_filing_cust.html and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9922. Submit your completed form or letter to USDA by mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Ave, SW, Washington, D.C., 20250-9410. Fax: (202) 690-7442. E-mail: program.intake@usda.gov. This institution is an equal opportunity provider.