

# March

## PRE-KINDER MENU

Spring Is On Its Way!



### SPRING INTO ACTION WITH EXERCISE!

Exercise is not only fun, it is also good for your body, mind, and overall well-being. Kids who exercise on a regular basis often do better in school, sleep more soundly, and are stronger. Exercise also relieves stress and helps promote good behavior.

Monday	Tuesday	Wednesday	Thursday	Friday
February 27 Cheese Pizza Seasoned Vegetables Fruit Cup	February 28 Soft Tacos Pinto Beans Lettuce & Tomato Orange Smiles	1 Chicken Nuggets Hot Roll Mashed Potatoes Seasoned Green Beans Cinnamon Apple Sauce	2 Hot Dog with Chips Steamed Broccoli Carrot Dippers Frozen Fruit Treat	3 Cheese Burger Basket with Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit
6 Choice of Pizza Seasoned Vegetables Fruit Dessert	7 Crispitos Pinto Beans Spanish Rice Fruit Cup	8 Chicken Strips w/ Hot Roll Mashed Potatoes Seasoned Green Beans Berries & Cream	9 Popcorn Chicken Rice Steamed Broccoli Fruit Salad	10 <i>Grab N' Go Sack Lunch</i>

Milk will be offered with every meal.



# SPRING BREAK IS HERE!

20 Spaghetti with Meat Sauce Garlic Bread Garden Fresh Salad Fruit Cup	21 Nachos Refried Beans Tossed Salad Fresh Apples	22 Country Bucket with Popcorn Chicken & Fries Hot Roll Steamed Broccoli Fruit Cup	23 Corn Dog with Chips Seasoned Corn Frozen Fruit Treat	24 Chicken Sandwich Basket with Fries Lettuce & Tomatoes Fresh Baked Cookie Fresh Fruit
27 Cheese Pizza Seasoned Vegetables Strawberries and Cream	28 Crispitos Lettuce & Tomatoes Pinto Beans Pineapple	29 Steak Fingers Hot Roll Mashed Potatoes Seasoned Green Beans Colorful Pears	30 Beefy Cheesy Mac with Texas Toast Seasoned Corn Fruit Cup	31 Cheese Burger Basket with Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit

### RISE and SHINE!

Start the day off right with a healthy breakfast!

**National School Breakfast week is March 6-10, so come join us!**

## Breakfast

An option of cereal & toast, fresh fruit or fruit cup, and a choice of juice and milk are also offered every day.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week of 2/27 & 3/13 & 3/27	Waffles	Breakfast Pizza	Bacon & Eggs w/ Toast	Breakfast Taco	Ham & Cheese Croissant
Week of 3/6 & 3/20	Breakfast Sweet Roll	Pancake Wrap	Eggs & Sausage w/ Toast	Muffins w/ Yogurt	Biscuits & Gravy