

March

SECONDARY

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. Students 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.

RISE and SHINE!

Start the day off right with a healthy breakfast!
National School Breakfast week is March 6-10,
 so come join us!

Monday	Tuesday	Wednesday	Thursday	Friday
February 27 Lasagna with Breadstick or Choice of Pizza Seasoned Vegetables Fresh Salad w/ Toppings Fruit Cup	February 28 Tacos or Crisпитos or Burger Rice and Beans Homemade Salsa Fresh Salad w/ Toppings Fresh Orange	1 Steak Fingers Chicken Nuggets w/ Roll or Pizza Mashed Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Cinnamon Apple Sauce	2 Stuffed Baked Potatoes w/ Hot Roll or Hot Dog or Burger with Chips Steamed Broccoli Fresh Salad w/ Toppings Frozen Fruit Treat	3 Cheese Burger or BBQ Sub Basket with Fries or Pizza Fresh Salad w/ Toppings Fresh Baked Cookie Fresh Fruit
6 Chicken Alfredo with Hot Roll or Choice of Pizza Seasoned Vegetables Fresh Salad w/ Toppings Fruit Dessert	7 Totchos or Crisпитos or Burger Beans & Rice Homemade Salsa Fresh Salad w/ Toppings Fruit Cup	8 Meatloaf or Chicken Strips w/ Hot Roll or Pizza Mashed Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Berries & Cream	9 Asian Bowl with Fried Rice or Burger Seasoned Vegetables Fresh Salad w/ Toppings Fruit Salad	10 <i>Grab N' Go Sack Lunch</i>

SPRING BREAK IS HERE!

20 Spaghetti with Meat Sauce & Garlic Bread or Choice of Pizza Seasoned Vegetables Fresh Salad w/ Toppings Fruit Cup	21 Nachos Refried Beans Spanish Rice Homemade Salsa Fresh Salad w/ Toppings Fresh Apples	22 Country Bowl or Country Bucket w/ Roll or Pizza Steamed Vegetables Fresh Salad w/ Toppings Fruit Cup	23 Corn Dog or Crispy Chicken Wrap or Burger with Chips Seasoned Corn Fresh Salad w/ Toppings Frozen Fruit Treat	24 Chicken Burger or BBQ Sub Basket w/ Fries or Pizza Fresh Salad Salad Toppings Fresh Baked Cookie Fresh Fruit
27 Chicken Spaghetti with Breadsticks or Choice of Pizza Seasoned Vegetables Fresh Salad w/ Toppings Strawberries and Cream	28 Tacos or Crisпитos or Burger Beans & Rice Homemade Salsa Fresh Salad w/ Toppings Pineapple	29 Boneless Wings or Steak Fingers w/ Hot Roll or Pizza Mashed Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Colorful Pears	30 Beefy Cheesy Mac w/ Texas Toast or Hot Dog or Burger w/ Chips Seasoned Corn Fresh Salad w/ Toppings Fruit Cup	31 Cheese Burger or Chicken Sandwich Basket with Fries or Pizza Fresh Salad w/ Toppings Fresh Baked Cookie Fresh Fruit

Milk and an Uncrustable Grab N' Go will be offered with every meal.

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