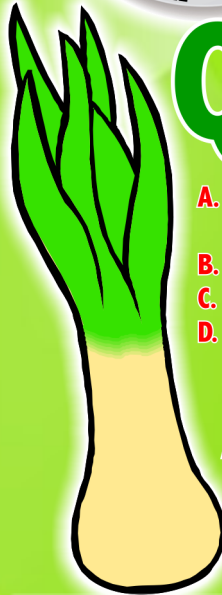




# What's on YOUR plate?



## Q: What can you do with a LEEK?!

- A. Stick your finger in it until help comes!
- B. Call a plumber to fix it!
- C. ABANDON SHIP!
- D. None of the above

**A:** The answer is D – none of the above. The other choices are all LEAKS, not LEEKS! Leeks are mild-flavored veggies related to onions that are often used to flavor soups, but can also be enjoyed sliced and sauteed!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

## MANY MOONS

*Native Americans had special names for every full moon of the year. One name for this month's full moon is the "Full Crust Moon," because by March snow cover is melting during the day and re-freezing and crusting over by night.*

**Monday, March 11**

**Breakfast**  
French Toast Sticks or Blueberry Pancakes

**Lunch**  
Crispy Pork Sandwich or Chicken Tenders  
Baked Beans  
Creamy Coleslaw  
Garden Bar  
Chilled Peaches  
Homemade Banana Squares  
Banana  
Milk

**Tuesday, March 12**

**Breakfast**  
Build Your Own Yogurt Bar or Breakfast Pizza

**Taco Tuesday**  
Build Your Own Nacho Bar With Beef & Cheese or Quesadilla, Taco Toppings  
Spanish Rice, Refried Beans  
Red Pepper Strips  
Garden Bar  
Orange Wedges  
Chilled Pineapple  
Milk

**Wednesday, March 13**

**Breakfast**  
Fresh Cinnamon Roll or Tall Stack Pancakes

**Lunch**  
Corn Dog or Grilled Chicken Sandwich  
Sweet Potato Fries  
Sugar Snap Peas  
Garden Bar  
Chilled Pears  
Apple Wedges  
Milk

**Thursday, March 14**

**Breakfast**  
Build Your Own Yogurt Bar or Breakfast Sandwich

**Lunch**  
Mashed Potato Bar: Top with Popcorn Chicken or Salisbury Steak, Gravy, Cheese & Corn  
Homemade Pasta Salad  
Celery Sticks  
Honey Corn Bread  
Chilled Applesauce  
Kiwi Wedges  
Milk

**Friday, March 15**

**Breakfast**  
Smoothie & Muffin or Pancake & Sausage Bites

**Lunch**  
Grilled Cheese Sandwich or Grilled Ham & Cheese  
Creamy Tomato Soup  
Cooked Broccoli  
Baby Carrots  
Garden Bar  
Fruit Variety  
Milk

**Monday, March 18**

**NO SCHOOL**

**Staff Development**

**Tuesday, March 19**

**Breakfast**  
Build Your Own Yogurt Bar or Breakfast Pizza

**Lunch**  
French Bread Pizza or Meatball Sub  
Marinara Sauce  
Cooked Broccoli  
Romaine Caesar Salad with Cherry Tomatoes  
Garden Bar, Chilled Peaches  
Banana, Milk

**Wednesday, March 20**

**1st Day of Spring!**

**Breakfast**  
Fresh Cinnamon Roll or Tall Stack Pancakes

**Lunch**  
Hot Dog on Bun (Top with Sloppy Joe Meat & Cheese) or Sloppy Joe  
Baked Beans  
Cucumber Slices  
Garden Bar  
Chilled Mandarin Oranges  
Apple Wedges, Milk

**Thursday, March 21**

**Breakfast**  
Build Your Own Yogurt Bar or Breakfast Sandwich

**Lunch**  
Spicy\* General Tso's Chicken or Chicken Egg Rolls  
"Fried" Rice  
Stir Fry Vegetables  
Sugar Snap Peas  
Garden Bar  
Chilled Strawberries  
Grapes & Yogurt  
Milk

**Friday, March 22**

**Breakfast**  
Smoothie & Muffin or Pancake & Sausage Bites

**Lunch**  
Crispy Fish Sandwich or Crispy Chicken Sandwich  
French Fries  
Baby Carrots  
Garden Bar  
Fruit Variety  
Milk

**Monday, March 25**

**Breakfast**  
French Toast Sticks or Blueberry Pancakes

**Lunch**  
Pork Sandwich Variety or Cheeseburger  
Baked Beans  
Creamy Coleslaw  
Garden Bar  
Chilled Fruit Cocktail  
Banana  
Milk

**Tuesday, March 26**

**Breakfast**  
Build Your Own Yogurt Bar or Breakfast Pizza

**Taco Tuesday**  
Chicken Fajitas or Chicken Burrito Bowl  
Brown Rice, Whole Kernel Corn, Red Pepper Strips  
Taco Toppings, Salsa, Sour Cream, Garden Bar  
Chilled Mandarin Oranges  
Apple Wedges  
Milk

**Wednesday, March 27**

**Breakfast**  
Fresh Cinnamon Roll or Tall Stack Pancakes

**Lunch**  
Stuffed Crust Pizza Variety  
Cook's Choice Soup  
Cooked Mixed Vegetables  
Baby Carrots  
Garden Bar  
Chilled Peaches  
Blueberries  
Milk

**Thursday, March 28**

**Breakfast**  
Build Your Own Yogurt Bar or Breakfast Sandwich

**Lunch**  
Chicken Alfredo Pasta or Pasta with Meat Sauce  
Breadstick  
Cooked Broccoli  
Romaine Caesar Salad with Cherry Tomatoes  
Garden Bar  
Chilled Pears  
Orange Wedges, Milk

**Friday, March 29**

**Breakfast**  
Smoothie & Muffin or Pancake & Sausage Bites

**Lunch**  
Shrimp Poppers or Pulled Turkey Sandwich  
Sweet Potato Fries  
Macaroni & Cheese  
Celery Sticks  
Garden Bar  
Fruit Variety  
Milk