Breakfast
“Dr Seuss”
Green Eggs & Ham
Lunch
Pizza
Salad
Green Beans
Fruit

Tuesday, March 3
Breakfast
“Galactic” Breakfast Pizza
Lunch
Crispy Taco w/Salsa
Refried Beans
Tortilla Chips
Fruit

Wednesday, March 4
Breakfast
“Space Cadet” Muffin
Lunch
Chicken Strips
Mashed Potatoes
Salad
Fruit

Thursday, March 5
Breakfast
“Black Hole” Breakfast Burrito
Lunch
“Dr Seuss Menu”
One Fish-Grilled Cheese Fish
Two Fish-Sticks
Red Fish-Tomato Soup w/Goldfish Crackers
Blue Fish-Applesauce w/Goldfish Graham
Carrot Sticks

Friday, March 6
Breakfast
“Planetary” Pancake on a Stick
Lunch
BBQ Sandwich
Burger Fixin’s Coleslaw
Fruit

Monday, March 2
Breakfast
“Dr Seuss”
Oatmeal & Toast
Lunch
Pizza
Salad
Raw Cauliflower
Fruit

Tuesday, March 10
Breakfast
Muffin
Lunch
Asian Chicken w/Rice
Stir Fry Vegetables
Raw Broccoli
Fruit

Wednesday, March 12
Breakfast
Sausage Biscuit
Lunch
Chicken
Sweet Potato Wedges
Green Beans
Fruit

Thursday, March 13
Breakfast
WGR Poptart
Lunch
Meatloaf w/Hot Roll
Peas & Carrots
Fruit

Friday, March 1
Breakfast
Biscuit & Gravy
Lunch
Cheeseburger
Burger Fixin’s Vegetarian Beans
Fruit

Looking for a job that lets you be at home when your family needs you there? Call today for more information. 878-1028
<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Lunch</th>
<th>Fruit</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday, March 23</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Morning Toast Sticks</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Salad</strong></td>
</tr>
<tr>
<td><strong>Tuesday, March 24</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Bacon, Egg, &amp; Cheese Biscuit</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Nachos</strong></td>
</tr>
<tr>
<td><strong>Wednesday, March 25</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Yogurt Parfait</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Popcorn Chicken</strong></td>
</tr>
<tr>
<td><strong>Thursday, March 26</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast Pizza</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Spaghetti w/Meatballs</strong></td>
</tr>
<tr>
<td><strong>Friday, March 27</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Muffin</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Hot Dogs</strong></td>
</tr>
</tbody>
</table>

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### Get out your Ghillies!

Traditional Irish dancers wear colorful outfits and either hard dance shoes (“jig shoes”) or soft dance shoes (“ghillies”).

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**HEALTHY SPUDS!**

It’s easy and fun to make healthy and delicious “french fries” at home. Cut a medium potato (unpeeled) in quarters lengthwise, and then slice each quarter lengthwise into 3 or 4 fries. Toss with a tablespoon or two of olive oil in a zipped gallon bag, spread on a baking sheet (use parchment paper for easier clean up), sprinkle with salt and pepper, and bake at 425 for about 20 minutes or until desired crispness. Use 2 potatoes for every 3 people.

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)

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**START FRESH WITH FRUIT!**

Every complete Breakfast@School must include a serving of fruit. That’s putting FIRST THINGS FIRST!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!**

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**S P R I N G  B R E A K**

Break begins at the end of classes: **Friday, March 13**

Classes resume: **Monday, March 23**

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**Read Across America**

Break begins at the end of classes: **Friday, March 13**

Classes resume: **Monday, March 23**

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**March 17 St. Patrick’s Day**