



Friday, March 1

Whole Grain Cheese or Pepperoni Pizza
Sweet Potato Fries
Tossed Salad with Fresh Vegetables
Assorted Fruit
Milk Choice

Alternate Meal:
Assorted Cereal (2) with LF String Cheese or Yogurt
(Choose Fruit & Vegetable)

NUTRITION TO GO

Fresh local tomatoes are impossible to come by in most of the U.S. in winter. That's too bad. But tomato soup is always easy to find, and, surprisingly, processed tomato products like canned tomato soup actually contain more of some key nutrients than fresh tomatoes.

A QUICK BITE FOR PARENTS

Monday, March 4

WG Breaded Fish Nuggets
WG Buttered Noodles
Stewed Tomatoes
Carrot Coins
100% Fruit Juice
Milk Choice

Alternate Meal:
Assorted Cereal (2) with LF String Cheese or Yogurt
(Choose Fruit & Vegetable)

Tuesday, March 5

Sweet Teriyaki Chicken over Brown Rice
Fortune Cookie
Steamed Broccoli
Mandarin Oranges
Milk Choice

Alternate Meal:
Assorted Cereal (2) with LF String Cheese or Yogurt
(Choose Fruit & Vegetable)

Wednesday, March 6

Ham & Cheese on Whole Wheat Croissant
Oven Baked Potato Wedges
Seasoned Green Beans
Assorted Fruit
Milk Choice

Alternate Meal:
Assorted Cereal (2) with LF String Cheese or Yogurt
(Choose Fruit & Vegetable)

Thursday, March 7

Hot Dog on Whole Wheat Bun with Sauerkraut
Baked Beans
Mashed Potatoes with Gravy
100% Fruit Juice
Milk Choice

Alternate Meal:
Assorted Cereal (2) with LF String Cheese or Yogurt
(Choose Fruit & Vegetable)

Friday, March 8

Whole Grain Cheese or Pepperoni Pizza
Mixed Vegetables
Tossed Salad with Fresh Vegetables
Assorted Fruit
Milk Choice

Alternate Meal:
Assorted Cereal (2) with LF String Cheese or Yogurt
(Choose Fruit & Vegetable)

Spring Forward



Sunday, March 10

Word of the Month

com·mit·ment

n. 1. the act of keeping to a promise, charge, or trust 2. an agreement or pledge to do something 3. one's level of dedication to a task

Monday, March 11

BBQ Chicken Sandwich on Whole Wheat Roll
Hash Brown Potato
Steamed Spinach
Assorted Fruit
Milk Choice

Alternate Meal:
Assorted Cereal (2) with LF String Cheese or Yogurt
(Choose Fruit & Vegetable)

Tuesday, March 12

WG French Toast Sticks
Turkey Sausage Links
Oven Baked Tater Tots
100% Fruit Juice
Milk Choice

Alternate Meal:
Assorted Cereal (2) with LF String Cheese or Yogurt
(Choose Fruit & Vegetable)

Wednesday, March 13

WG Breaded Chicken Patty on Whole Wheat Bun
Golden Corn
Tossed Salad with Fresh Vegetables
Assorted Fruit
Milk Choice

Alternate Meal:
Assorted Cereal (2) with LF String Cheese or Yogurt
(Choose Fruit & Vegetable)

Thursday, March 14

Toasted Cheese Sandwich on Whole Wheat Bread
Tomato Soup
WG Goldfish Crackers
Assorted Fruit
Milk Choice

Alternate Meal:
Assorted Cereal (2) with LF String Cheese or Yogurt
(Choose Fruit & Vegetable)

Friday, March 15

WG Max Cheese Sticks with Dipping Sauce
Peas and Carrots
100% Fruit Juice
Milk Choice

Alternate Meal:
Assorted Cereal (2) with LF String Cheese or Yogurt
(Choose Fruit & Vegetable)

PLEASE TAKE ME HOME!

Potatoes deliver vitamin C, fiber, and plenty of vitamins and minerals -- and all for only 110 calories (per medium potato) and zero fat. But we mostly eat deep-fried fast food french fries, which just deliver lots of fat calories. Try to eat more potatoes that start out in your kitchen, looking like actual potatoes!



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



MARCH 17
Follow a Rainbow to a Pot o' Gold!

Monday, March 18

Chicken Alfredo with
Whole Grain Pasta
Whole Grain Breadstick
Mixed Vegetables
Assorted Fruit
Milk Choice

Alternate Meal:
Assorted Cereal (2) with LF
String Cheese or Yogurt
(Choose Fruit & Vegetable)

Tuesday, March 19

Meatball Parm Sandwich on
Whole Wheat Roll
Seasoned Green Beans
Assorted Fruit
Milk Choice

Alternate Meal:
Assorted Cereal (2) with LF
String Cheese or Yogurt
(Choose Fruit & Vegetable)

Wednesday, March 20

Ham & Cheese on
Whole Wheat Croissant
Tossed Salad with
Fresh Vegetables
Oven Baked French Fries
Assorted Fruit
Milk Choice

Alternate Meal:
Assorted Cereal (2) with LF
String Cheese or Yogurt
(Choose Fruit & Vegetable)

Thursday, March 21

Whole Grain Breaded
Chicken Nuggets with Dips
WG Biscuit with Jelly
Mashed Potatoes with Gravy
100% Fruit Juice
Milk Choice

Alternate Meal:
Assorted Cereal (2) with LF
String Cheese or Yogurt
(Choose Fruit & Vegetable)

Friday, March 22

Whole Grain Cheese or
Pepperoni Pizza
Hash Brown Potato
Carrot Coins
Assorted Fruit
Milk Choice

Alternate Meal:
Assorted Cereal (2) with LF
String Cheese or Yogurt
(Choose Fruit & Vegetable)

**Weekends
Nights**

Looking for a job with a
family feel and family-
friendly hours?
The Cafeteria Department
has open positions available!
Visit www.bbsd.org for
more information.

Monday, March 25

Chicken Fajita with LF Cheese
on Whole Wheat Tortilla
Spanish Rice
Golden Corn
Raspberry Churro
Assorted Fruit
Milk Choice

Alternate Meal:
Assorted Cereal (2) with LF
String Cheese or Yogurt
(Choose Fruit & Vegetable)

Tuesday, March 26

Whole Grain Pancakes
Turkey Sausage Links
Oven Baked Tater Tots
100% Fruit Juice
Milk Choice

Alternate Meal:
Assorted Cereal (2) with LF
String Cheese or Yogurt
(Choose Fruit & Vegetable)



Last Day of Classes:
Tuesday, March 26
Classes resume:
Tuesday, April 2

**EAT BETTER.
PLAY HARDER.
LIVE HEALTHIER.
LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

NUTRITION TO GO

**Turns out Grandma was right:
chicken soup IS good for a cold!
Chicken soup helps to ease cold
symptoms by breaking up congestion,
keeping you hydrated, and even acting
as an anti-inflammatory. The taste
and aroma can be therapeutic, too!
There's no cure for a cold, but a
piping hot bowl of soup can
at least offer some relief.**

A QUICK BITE FOR PARENTS

EGG-CELLENT.



Ah, the humble, wonderful egg!
Just 75 or so calories, but with
seven grams of high-quality
protein, plus iron, vitamins,
minerals, and other disease
fighting nutrients. Versatile for
cooking. Inexpensive. Readily
available. Perhaps the perfect
food - for breakfast, or any time!

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

4 BY THE NUMBERS
HALF OF ALL LOST REMOTES ARE FOUND
IN THE SOFA CUSHIONS BUT 4% ARE
FOUND IN THE FRIDGE OR FREEZER.

34.5 BY THE NUMBERS
IN MILLIONS, THE NUMBER OF
AMERICANS WHOSE HERITAGE IS
PRIMARILY OR PARTIALLY IRISH.

Word Play
ultracrepidarian
An "ultracrepidarian" is
someone who gives
opinions on subjects that
are beyond his or her
knowledge or expertise.
So, everybody on the internet!