

Monday	Tuesday	Wednesday	Thursday	Friday
Color My Plate: Green Lettuce, green beans, and broccoli are regularly served on our lunch menu. These vegetables are members of the green group. The green group contains fruits and veggies that promote better vision and strong bones and teeth.		March 1 Greek-Style Chicken Brown Rice* / Green Beans Fresh Apple Cookie* Honey Wheat Dinner Roll*	March 2 Pasta with Meatballs & Marinara Broccoli Applesauce String Cheese	March 3 NO SCHOOL
March 6 All-American Cheeseburger* Salad Peaches	March 7 Chicken Nuggets with Twisted Garlic Breadstick* Baby Carrots Fresh Banana	March 8 Mini Chicken Corndogs* Kettle-Baked Beans Pineapple	March 9 Turkey Ham & Cheese Melt* Oven-Baked Spiral-Cut French Fries Applesauce	March 10 Lasagna Roll-Up* Capri Blend Veggies Pears Garlic Bread*
March 13 Oven-“Fried” Chicken Drumstick* & Waffle Stix* with Syrup Corn Fresh Orange	March 14 Beef & Cheese Nachos* Black Beans Mixed Fruit	March 15 Bosco Stick* with Marinara Dipping Sauce Salad Fresh Apple	March 16 Breaded Chicken Sandwich* Green Beans Fresh Apple	March 17 Irish Nachos (with Shredded Cheddar Cheese & Sweet Potato Waffle Fries) / Breadstick* Pears Honey Oat Goldfish Cracker*
March 20 SPRING BREAK NO SCHOOL	March 21 SPRING BREAK NO SCHOOL	March 22 SPRING BREAK NO SCHOOL	March 23 SPRING BREAK NO SCHOOL	March 24 SPRING BREAK NO SCHOOL
March 27 Chicken Sandwich* Parsley Redskin Potatoes Peaches	March 28 All-Beef Hot Dog Green Beans Mixed Fruit	March 29 Panino Cubano with Sliced Pickles Frijoles Negros Pineapple	March 30 Build-Your-Own Crunchy Beef Tacos* & Salsa Baby Carrots Fresh Banana	March 31 Individual Pan Cheese Pizza* California Blend Veggies Salad Fresh Apple

BREAKFAST SERVED DAILY

Monday-Cereal, Milk, Pancakes, Yogurt, Juice, Fruit
Tuesday- Bagels, Cereal, Fruit, Juice, Yogurt, Milk
Wednesday- Muffins, Cereal, Milk, Yogurt, Juice, Fruit
Thursday-Egg/Cheese Omelet, Cereal, Milk, Yogurt, Juice, Fruit
Friday- Parfaits. Cereal, Milk, Fruit, Juice, Yogurt

Around the World in a Lunch Period – Cuba



This month, the **Culinary Explorations** program heads to the Republic of Cuba (a.k.a. Cuba). Cuba is located 90 miles from Key West, Florida. Its Caribbean neighbors include the Cayman Islands, Haiti, and Jamaica. Havana is the capital and largest city. Cuba is known for its beautiful beaches, vintage cars, cigars, and music. The music has its principal roots in Spain and West Africa, reflecting the multiethnic population of the island. Did you know . . .

- Sugar cane and tobacco are the main crops grown in Cuba?
- Baseball is the island’s most popular sport?
- In a traditional Cuban meal, all food is served at the same time instead of in courses?
- Cuban food is influenced by Spanish, West African, French, Chinese, and Caribbean cooking techniques and spices?

Join us for some island flavor on March 29. Cuban-style turkey ham and cheese grilled sandwiches (panini Cubano) and black beans (frijoles negros) are on the menu. ¡Buen provecho!