

BREAKFAST MENU

Assorted Breakfast Cereal w/ Bread Item Juice or Fruit	Mini-Loaf w/ Cereal or Cereal w/ Bread Item Juice or Fruit	Elf Grahams Cereal w/ Bread Item Juice or Fruit	Assorted Breakfast Cereal w/ Bread Item Juice or Fruit	Muffin w/ Cereal or Cereal w/ Bread Item Juice or Fruit
<b>March 3</b>	<b>4</b>	<b>Pancake on a Stick</b> [Sanger/Taylor ONLY]	<b>6</b>	<b>Pancake on a Stick</b> [B.T.W./Will Rogers ONLY]
Assorted Breakfast Cereal w/ Bread Item Juice or Fruit	Waffle w/ Cereal or Cereal w/ Bread Item Juice or Fruit	Animal Crackers w/ Cereal or Cereal w/ Bread Item Juice or Fruit	Banana Nut Muffin w/ Cereal or Cereal w/ Bread Item Juice or Fruit	Pop-Tart w/ Cereal or Cereal w/ Bread Item Juice or Fruit
<b>10</b>	<b>11</b>	<b>Scrambled Eggs and Toast</b> [Broadmoor/Edison ONLY]	<b>13</b>	<b>Scrambled Eggs and Toast</b> [So. Heights/Stone ONLY]
Assorted Breakfast Cereal w/ Bread Item Juice or Fruit	Strawberry Yogurt Chex w/ Cereal or Cereal w/ Bread Item Juice or Fruit	Teddy Grahams w/ Cereal or Cereal w/ Bread Item Juice or Fruit	Cereal Bar or Cereal w/ Bread Item Juice or Fruit	Assorted Breakfast Cereal w/ Bread Item Juice or Fruit
<b>17</b>	<b>18</b>	<b>Scrambled Eggs and Toast</b> [Co.Lane/Coronado ONLY]	<b>20</b>	<b>Scrambled Eggs and Toast</b> [Jefferson/Mills ONLY]
w/ Bread Item Juice or Fruit	Cereal w/ Bread Item Juice or Fruit	w/ Cereal or Cereal w/ Bread Item Juice or Fruit	Cereal w/ Bread Item Juice or Fruit	Cereal w/ Bread Item Juice or Fruit
<b>24</b>	<b>25</b>	<b>Scrambled Eggs and Toast</b> [Sanger/Taylor ONLY]	<b>27</b>	<b>Scrambled Eggs and Toast</b> [B.T.W./Will Rogers ONLY]
Cereal w/ Bread Item Juice or Fruit	Cereal w/ Bread Item Juice or Fruit	Cereal w/ Bread Item Juice or Fruit	Cereal w/ Bread Item Juice or Fruit	w/ Bread Item Juice or Fruit
<b>31</b>	<b>April 1</b>	<b>2</b>	<b>3</b>	<b>4</b>

Fun Food Fact

- In general, raw vegetables have a much higher nutrient value than cooked, though there are a few exceptions, such as cooked tomatoes. Cooked artichokes are very high in overall antioxidant value.
- The smaller the size of a berry, the sweeter its taste.
- Those mega-size apples and oranges you've been seeing lately at conventional grocers are pumped up due to added water volume, rather than fruit substance. This is a crop-yield technique by farmers designed to produce bigger fruit for more consumer appeal.
- A well-done steak, especially if it has "charred" portions, contains much higher levels of carcinogens than a medium-done or rare steak.
- Artificial colorings in foods have been linked to increased incidence of ADHD symptoms.
- The flavor of bubble gum comes from the fusion of vanilla, wintergreen and "cassia," a form of cinnamon.
- There is evidence that honey is the only food that cannot spoil. Archaeologists have tasted honey discovered in ancient Egyptian tombs, reporting that it's edible.
- Popcorn has been around for 6,000 years.
- There are 1,200 varieties of watermelon.
- To prevent bananas from becoming brown, refrigerate them.
- If you could eat only one vegetable for the rest of your life, eat spinach; it's one of the highest ranking vegetables as far as overall antioxidant capacity, yet so versatile in recipes.
- Diet soda has not been proven to aid in weight loss. In fact, it's been shown to actually increase hunger.



Cherry Blossoms, Japan

Choice of Milk available with Breakfast and Lunch

Menu Subject to Change

Menu 1 - Beef and Bean Burrito w/ Taco Sauce / Kernel Corn / Carrot Sticks w/ Ranch / Fruit

Menu 2 - Corndog / Kernel Corn / Carrot Sticks w/ Ranch / Fruit

\*\*\* Fish Allergy Schools - Ham and Cheese Sandwich / Kernel Corn / Creamy Cole Slaw / Orange Wedges

Spaghetti w/Meat Sauce Green Beans Garden Salad w/ Ranch Dressing Applesauce Bread Slice	Chicken Pattie on a Bun Great Northern Beans Shredded Lettuce/Pickle Chips Fruit Cocktail	Fish Sticks w/ Colby Cheese Square Kernel Corn Creamy Slaw Orange Wedges Bread Slice <small>Fish Allergy Schools (Stone/Coro/BTW)***</small>	Chicken Fajita w/ Shredded Cheese and Salsa Pinto Beans Fajita Lettuce Pineapple Tidbits Flour Tortilla <b>Pizza: Jefferson/Edison/Mills</b>	Hamburger on a Bun Krinkle Oven Fries Pickle Spears Sliced Peaches
<b>March 3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>Daylight Savings 7 Time March 9, 2014</b>
Chicken Poppers w BBQ Sauce Ranch Beans Garden Salad w Ranch Dressing Diced Pears Bread Slice	See Description Above <b>Menu 1: Jefferson / So. Heights / Coronado / Mills / Stone / College Lane</b> <b>Menu 2: Taylor / Broadmoor / Sanger / Will Rogers / B.T. Washington / Edison</b>	Salisbury Steak Potato Salad Kernel Corn Green Beans Peach Cup Bread Slice	Manwich on a Bun Oven Tater Tots Pickle Spears Pineapple Tidbits <b>Pizza: Coronado/Stone/Taylor</b> <b>Pizza/Mixed Veggies/Salad/PIA</b>	Chili w/ Pinto Beans Frito Pie w/ Taco Sauce Kernel Corn Apple Wedges Cheesy Goldfish Crackers
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Sliced Ham and Cheese on Goldfish Bread Oven Fries Shredded Lettuce Sliced Pickles Fruit Cocktail	Chicken Fajitas w/ Green Chilies and Shredded Cheese on a Flour Tortilla Pinto Beans Fajita Lettuce Orange Sections	<b>Chicken Pattie Sandwich or Poppers</b> w/ BBQ Sauce Potato Salad Kernel Corn Baby Carrots w/ Ranch Pineapple Tidbits <small>Chicken Pattie Sandwich-Sanger, S. Heights, Stone, Taylor, W. Rogers, B. T. Washington Only</small> <small>Chicken Poppers - Bmoor, C. Lane, Coronado, Edison, Jefferson, Mills Only</small>	Spaghetti w/ Meat Sauce Green Beans Garden Salad w/Dressing Apple Wedges Dinner Roll <b>Pizza: C.Lane/Sanger/Broadmoor</b> <b>Green Beans, Salad and Apple Wedges w/Pizza</b>	Cheeseburger on a Bun Ranch Beans Shredded Lettuce Pickle Spears Peaches
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
		See Description Above <b>Menu 1: Taylor / Broadmoor / Sanger / Will Rogers / B.T. Washington / Edison</b> <b>Menu 2: Jefferson / So. Heights / Coronado / Mills / Stone / College Lane</b>	<b>Pizza: W.Rogers/So.Heights/B.T.W.</b>	
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
			<b>Pizza: Jefferson/Edison/Mills</b>	
<b>31</b>	<b>April 1</b>	<b>2</b>	<b>3</b>	<b>4</b>

Choice of Milk available with Breakfast and Lunch

Menu Subject to Change