



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					Chili Dog Fries Coleslaw Chips
WEEK OF 4 th – 8 th Cycle 4	MARDI GRAS	MARDI GRAS	MARDI GRAS	MARDI GRAS	MARDI GRAS
WEEK OF 11 th – 15 th Cycle 5	Chicken Fingers Carrots Fries Romaine & Tomatoes Roll	Bacon Potato Soup Broccoli Yams Crackers	Hamburger w/Cheese Tots Romaine & Tomatoes Pickle Spear	Teriyaki Chicken Fried Rice Mixed Veggies Egg Roll	
WEEK OF 18 th – 22 nd Cycle 1	Jambalaya Broccoli Yams Roll	Crispy Wings #10599 Green Beans Mashed Potatoes w/Gravy Bread Choice	Taco (Salad*) Black Beans Corn Spanish Rice Tortilla Chips*	Chicken Tenders Mixed Veggies Fries Biscuit	Turkey or Ham Sub Carrots Romaine & Tomatoes Chips
WEEK OF 25 th -29 th Cycle 2	Beefy Macaroni Green Beans Yams Salad Roll	BBQ Fajita on Bun Fries Carrots Romaine & Tomatoes	Salisbury Steak Lima Beans Mashed Potatoes w/Gravy Biscuit	Hot Wings Potato Wedges Broccoli Roll	Pizza Corn Salad WG Cookie

****MENUS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE****

MARCH

ALL MEALS SERVED WITH CHOICE OF MILK:

- UNFLAVORED 1% LOW FAT
- UNFLAVORED SKIM
- FAT FREE STRAWBERRY
- FAT FREE CHOCOLATE

FRESH, CANNED OR FROZEN FRUIT SERVED DAILY

100% FORTIFIED FRUIT JUICE SERVED DAILY

March is National Nutrition Month!

National Nutrition Month is an educational campaign focusing on the significance of physical fitness as well as eating nourishing meals. Taking charge of your health contributes to overall well-being; as well as losing weight or staying at your ideal weight, which reduces risks of chronic illness such as heart disease and diabetes.

This year's theme is "Bite into a Healthy Lifestyle," focusing on exercising regularly and making the best food choices.