
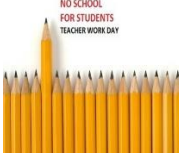


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					Crispito Black Beans Corn Brownie or Graham Cracker Snack
WEEK OF 4 th - 8 th Cycle 5	MARDI GRAS	MARDI GRAS	MARDI GRAS	MARDI GRAS	MARDI GRAS
WEEK OF 11 th - 15 th Cycle 1	Jambalaya Broccoli Yam Patty Roll	Crispy Wings #10599 Green Beans Mashed Potatoes w/Gravy Bread Choice	Taco (Salad*) Black Beans Corn Spanish Rice (Tortilla Chips*)	Chicken Fingers Mixed Veggies Fries Biscuit	
WEEK OF 18 th - 22 nd Cycle 2	Beef A Roni Green Beans Yams Salad Roll	BBQ Fajita on Bun Fries Carrots Romaine & Tomatoes	Salisbury Steak Lima Beans Mashed Potatoes Gravy Biscuit	Hot Wings #10606 Fries Broccoli Roll	Pizza Corn Salad WG Cookie
WEEK OF 25 th - 28 th Cycle 3	Chicken Bites Green Peas Sweet Potato Fries Roll	Pork Patty Baked Beans Potato Salad Fruit Pouch #12205 or #12207	Spaghetti Green Beans Salad Roll	Chicken Fingers Waffles Fries Salad	Chili Dog Fries Coleslaw Chips

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
TWICE PER WEEK.

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.