

Menus for March 2018

**Rockbridge County Public Schools
Central Elementary School**

This institution is an equal opportunity provider. Menus are subject to change.

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!**

Thursday, March 1

Breakfast
Egg & Cheese Biscuit
Fruit and 100% Juice
Choice of Milk

Lunch
Pizza
Green Beans
Baby Carrots (Dip Optional)
Fruit Assortment
Choice of Milk

Friday, March 2

Breakfast
Frudel
Fruit and 100% Juice
Choice of Milk

Lunch
Cheeseburger on Bun
Tomato Cup (Dip Optional)
Baked Beans
Fruit Assortment
Choice of Milk

I SCHOOL BREAKFAST

Kids! Join us March 5-9 for
National School Breakfast Week 2018

Monday, March 5

No School for Students

Teacher Work Day

Tuesday, March 6

Breakfast
Mini Pancakes
Fruit and 100% Juice
Choice of Milk

Lunch
Sausage Biscuit w/
Macaroni & Cheese
California Mixed Vegetables
Romaine Salad
Fruit Assortment
Choice of Milk

Wednesday, March 7

Breakfast
Waffles (Syrup Optional)
Fruit and 100% Juice
Choice of Milk

Lunch
Popcorn Chicken
Mashed Potatoes
Steamed Broccoli
Fruit Assortment
Choice of Milk

Thursday, March 8

Breakfast
Sausage Biscuit
Fruit and 100% Juice
Choice of Milk

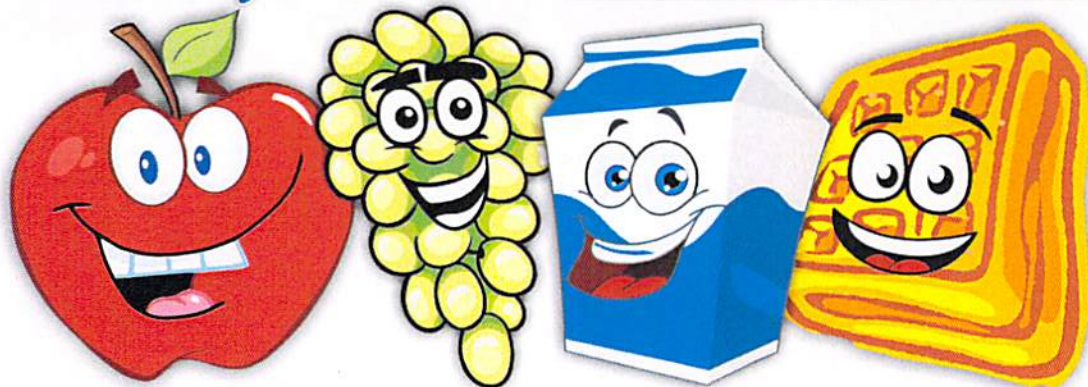
Lunch
Taco Bowl w/Scoops
Seasoned Refried Beans
Steamed Corn
Fruit Assortment
Choice of Milk

Friday, March 9

Breakfast
Cereal Bar
Fruit and 100% Juice
Choice of Milk

Lunch
Cheese Sticks with Sauce
Green Beans
Tomato Cup
Fruit Assortment
Choice of Milk

come join us for Breakfast@School



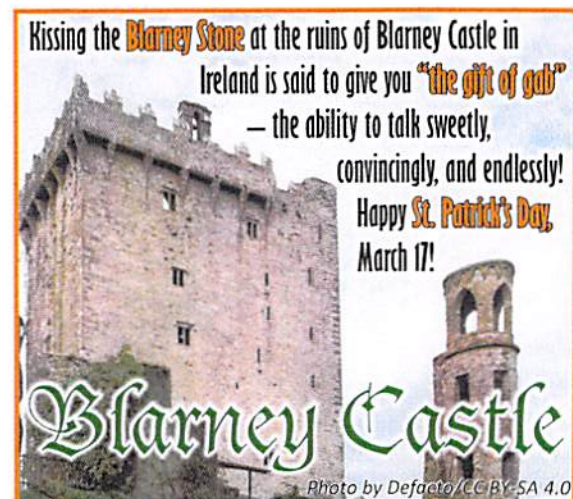
GO FOR THE WHOLE!

Want the whole truth?
Choose bagels and other bread products that are made with whole grains. They're healthiest by a mile!

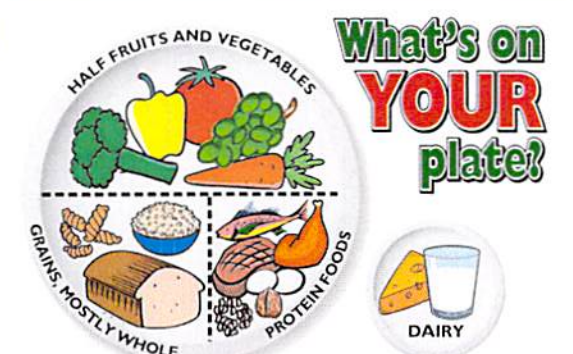


Don't forget to set your clocks forward one hour on Sunday, March 11!

<p>Monday, March 12</p> <p>Breakfast Sausage Biscuit Fruit and 100% Juice Choice of Milk</p> <p>Lunch Corn Dog Nuggets Steamed Broccoli Baked Carrots Fruit Assortment Choice of Milk</p>	<p>Tuesday, March 13</p> <p>Breakfast Muffin Fruit and 100% Juice Choice of Milk</p> <p>Lunch Grilled Cheese Sandwich Soup Baked Fries Cucumber Wheels (Dip Optional) Fruit Assortment Choice of Milk</p>	<p>Wednesday, March 14</p> <p>Breakfast Bagel Bites Fruit and 100% Juice Choice of Milk</p> <p>Lunch Chicken Nuggets w/Roll Mashed Potatoes Green Beans Fruit Assortment Choice of Milk</p>	<p>Thursday, March 15</p> <p>Breakfast Mini Pancakes Fruit and 100% Juice Choice of Milk</p> <p>Lunch Hamburger on Bun Baked Beans Sweet Potato Fries Fruit Assortment Choice of Milk</p>	<p>Friday, March 16</p> <p>Breakfast Egg Slider Biscuit Fruit and 100% Juice Choice of Milk</p> <p>Lunch Fish Nuggets w/Roll Cole Slaw Crinkle Cut Fries Fruit Assortment Choice of Milk</p>
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<p>Monday, March 19</p> <p>Breakfast French Toast Sticks Fruit and 100% Juice Choice of Milk</p> <p>Lunch Pizza Mixed Vegetables Potato Tots Fruit Assortment Choice of Milk</p>	<p>Tuesday, March 20</p> <p>Breakfast Fruitel Fruit and 100% Juice Choice of Milk</p> <p>Lunch Sausage Biscuit Macaroni and Cheese Green Beans Baby Carrots (Dip Optional) Fruit Assortment Choice of Milk</p>	<p>Wednesday, March 21</p> <p>Breakfast Chicken Biscuit Fruit and 100% Juice Choice of Milk</p> <p>Lunch Hot Ham & Cheese Croissant Baked Beans Sweet Potato Fries Fruit Assortment Choice of Milk</p>	<p>Thursday, March 22</p> <p>Breakfast Cereal Bar Fruit and 100% Juice Choice of Milk</p> <p>Lunch Baked Spaghetti w/Bread Stick Broccoli Seasoned Corn Fruit Assortment Choice of Milk</p>	<p>Friday, March 23</p> <p>Breakfast Pancake & Sausage on a Stick Fruit and 100% Juice Choice of Milk</p> <p>Lunch Beef and Bean Chili w/Cornbread Garden Salad Potato Wedges Fruit Assortment Choice of Milk</p>
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Q: How do you turn soup to gold?



A: Put 14 carrots in it!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Put them together and they add up to



**Last day of classes:
Friday, March 23**

**Classes resume:
Monday, April 2**