

Menus for March 2018

**Rockbridge County Public Schools
Mt. View 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
Sausage Gravy w/Biscuit
Fruit and 100% Juice
Choice of Milk

Lunch
Cheeseburger on Bun
Mini Carrots (Dip Optional)
Crinkle Cut Fries
Fruit Assortment
Choice of Milk

Friday, March 2

Breakfast
Steak Biscuit
Fruit and 100% Juice
Choice of Milk

Lunch
"Breakfast for Lunch"
Pancakes w/Sausage
Hashbrown Patty
Tomato Cup (Dip Optional)
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
Taco Boat
Seasoned Refried Beans
Side Salad
Fruit Assortment
Choice of Milk

Wednesday, March 7

Breakfast
Breakfast Pizza
Fruit and 100% Juice
Choice of Milk

Lunch
Popcorn Chicken
Mashed Potatoes
Cucumber Wedges
Fruit Assortment
Choice of Milk

Thursday, March 8

Breakfast
French Toast Sticks
Fruit and 100% Juice
Choice of Milk

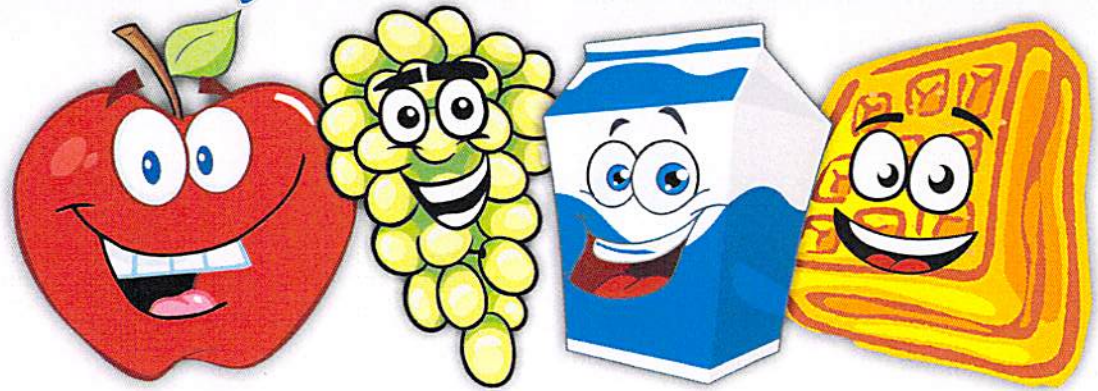
Lunch
Hot Ham & Cheese on Bun
Curly Fries
Steamed Broccoli
Fruit Assortment
Choice of Milk

Friday, March 9

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

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

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!

Monday, March 12

Breakfast

Breakfast Muffin
Fruit and 100% Juice
Choice of Milk

Lunch

Corn Dog Nuggets
Steamed Broccoli
Carrots (Dip Optional)
Fruit Assortment
Choice of Milk

Tuesday, March 13

Breakfast

Pancake on a Stick
Fruit and 100% Juice
Choice of Milk

Lunch

Grilled Cheese Sandwich
Tomato Soup
Baked Fries
Cucumber Wheels
(Dip Optional)
Fruit Assortment
Choice of Milk

Wednesday, March 14

Breakfast

Sausage Biscuit
Fruit and 100% Juice
Choice of Milk

Lunch

Turkey Sub w/Doritos
Green Beans
Tomato Cup (Dip Optional)
Fruit Assortment
Choice of Milk

Thursday, March 15

Breakfast

French Toast Sticks
Fruit and 100% Juice
Choice of Milk

Lunch

Chicken Nuggets w/Roll
Side Salad
Corn on the Cob
Fruit Assortment
Choice of Milk

Friday, March 16

Breakfast

Cinnamon Bun
Fruit and 100% Juice
Choice of Milk

Lunch

Hamburger on Bun
Potato Tots
Baked Beans
Fruit Assortment
Choice of Milk

Monday, March 19

Breakfast

Mini Pancakes
Fruit and 100% Juice
Choice of Milk

Lunch

Chicken Patty on Bun
Carrots (Dip Optional)
Seasoned Corn
Fruit Assortment
Choice of Milk

Tuesday, March 20

Breakfast

Breakfast Pizza
Fruit and 100% Juice
Choice of Milk

Lunch

Baked Spaghetti
w/Breadstick
Veggie Cup (Dip Optional)
Lima Beans
Fruit Assortment
Choice of Milk

Wednesday, March 21

Breakfast

Bagel Bites
Fruit and 100% Juice
Choice of Milk

Lunch

Diced Chicken w/Gravy
And Roll
Mashed Potatoes
Side Salad
Fruit Assortment
Choice of Milk

Thursday, March 22

Breakfast

Chicken Biscuit
Fruit and 100% Juice
Choice of Milk

Lunch

Sausage Biscuit
Macaroni and Cheese
Steamed Peas
Tomato Cup (Dip Optional)
Fruit Assortment
Choice of Milk

Friday, March 23

Breakfast

Omelet w/Toast
Fruit and 100% Juice
Choice of Milk

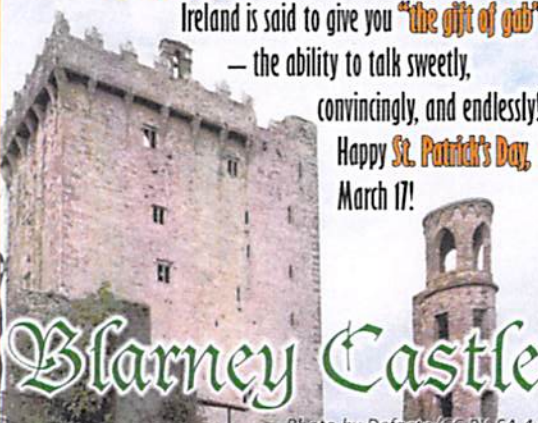
Lunch

Corn Dog
Green Beans
Cucumber Wheels
Fruit Assortment
Choice of Milk

Cookie

Kissing the **Blarney Stone** at the ruins of Blarney Castle in Ireland is said to give you "the gift of gab" — the ability to talk sweetly, convincingly, and endlessly!


Happy **St. Patrick's Day**,
March 17!



Blarney Castle

Photo by Defacto/CC BY-SA 4.0

Put them together and they add up to




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




**Classes resume:
Monday, April 2**




FUN!



A: Put 14 carrots in it!



What's on YOUR plate?

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