

Menus for
March
2018

Rockbridge County Public Schools
Fairfield 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

Sausage Biscuit
Fruit and 100% Juice
Choice of Milk

Lunch

Popcorn Chicken
Mashed Potatoes
Steamed Broccoli
Fruit Assortment
Choice of Milk

Thursday, March 8

Breakfast

French Toast
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

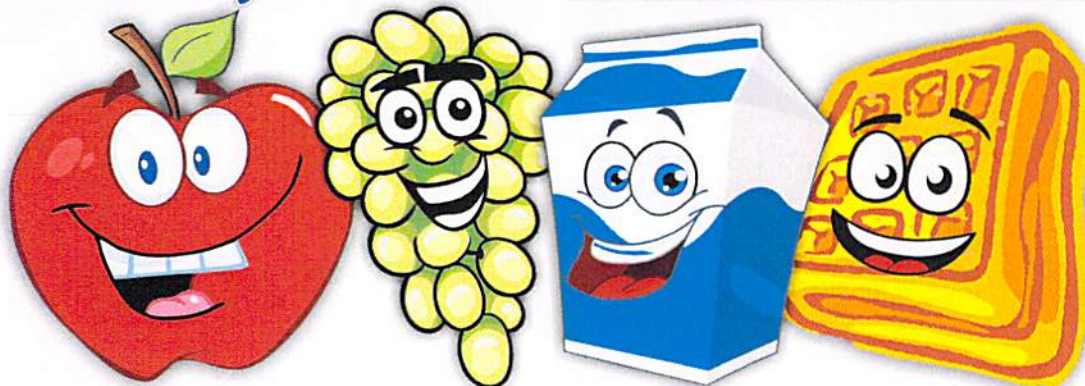
Breakfast

Chicken Biscuit
Fruit and 100% Juice
Choice of Milk

Lunch

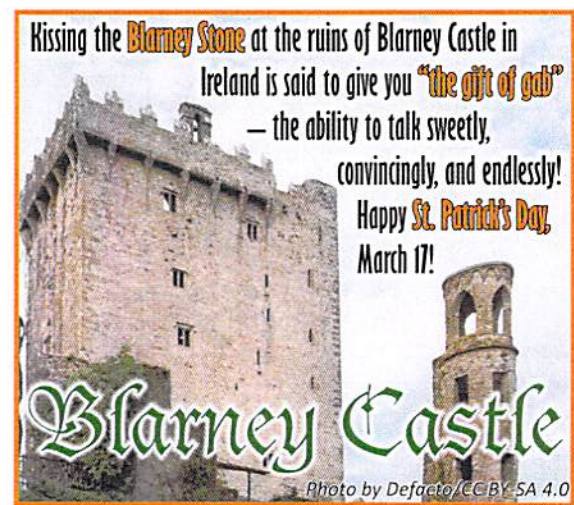
Cheese Sticks with Sauce
Green Beans
Tomato Cup
Fruit Assortment
Choice of Milk

come join us for Breakfast @ School

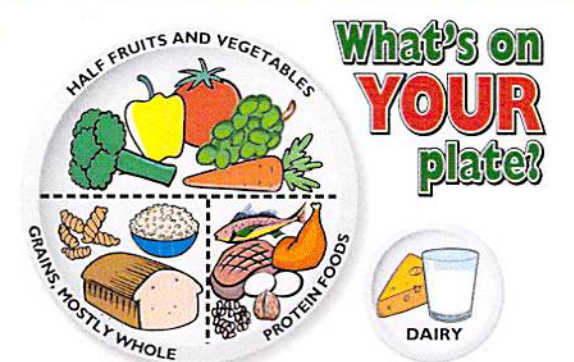


Don't forget to set your clocks forward one hour on Sunday, March 11!

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| <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 Tots 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 Beef and Bean Chili w/Cornbread Garden Salad Potato Wedges 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 Tots 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 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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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

Summer



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

**Classes resume:
Monday, April 2**