

**Menus for  
March  
2018**

**Rockbridge County Public Schools  
Natural Bridge Elementary**

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**  
Fruited  
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

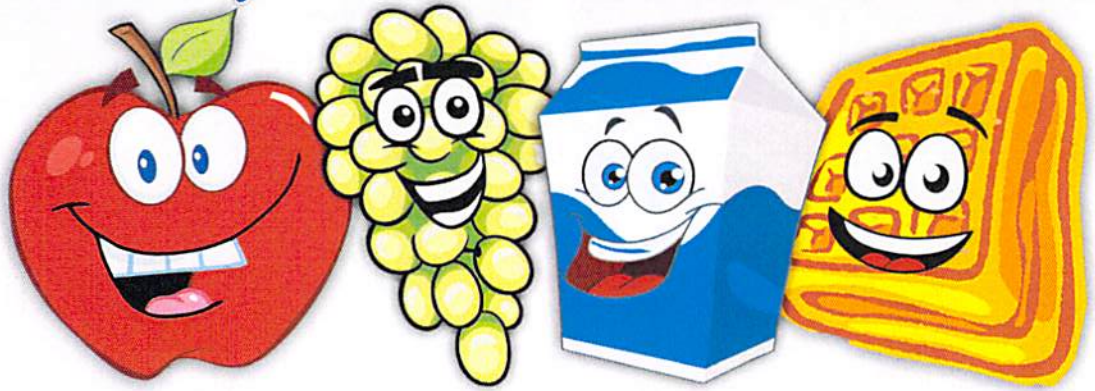
**Lunch**  
Taco Bowl w/Scoops  
Seasoned Refried Beans  
Steamed Corn  
Fruit Assortment  
Choice of Milk

**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!**



**Monday, March 12**

**Breakfast**

Sausage Biscuit  
Fruit and 100% Juice  
Choice of Milk

**Lunch**

Corn Dog Nuggets  
Steamed Broccoli  
Baked Carrots  
Fruit Assortment  
Choice of Milk

**Tuesday, March 13**

**Breakfast**

Muffin  
Fruit and 100% Juice  
Choice of Milk

**Lunch**

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

**Wednesday, March 14**

**Breakfast**

Bagel Bites  
Fruit and 100% Juice  
Choice of Milk

**Lunch**

Chicken Nuggets w/Roll  
Mashed Potatoes  
Green Beans  
Fruit Assortment  
Choice of Milk

**Thursday, March 15**

**Breakfast**

Mini Pancakes  
Fruit and 100% Juice  
Choice of Milk

**Lunch**

Hamburger on Bun  
Baked Beans  
Sweet Potato Fries  
Fruit Assortment  
Choice of Milk

**Friday, March 16**

**Breakfast**

Egg Slider Biscuit  
Fruit and 100% Juice  
Choice of Milk

**Lunch**

Fish Nuggets w/Roll  
Cole Slaw  
Crinkle Cut Fries  
Fruit Assortment  
Choice of Milk

**Monday, March 19**

**Breakfast**

French Toast Sticks  
Fruit and 100% Juice  
Choice of Milk

**Lunch**

Pizza  
Mixed Vegetables  
Potato Tots  
Fruit Assortment  
Choice of Milk

**Tuesday, March 20**

**Breakfast**

Frudel  
Fruit and 100% Juice  
Choice of Milk

**Lunch**

Sausage Biscuit  
Macaroni and Cheese  
Green Beans  
Baby Carrots (Dip Optional)  
Fruit Assortment  
Choice of Milk

**Wednesday, March 21**

**Breakfast**

Chicken Biscuit  
Fruit and 100% Juice  
Choice of Milk

**Lunch**

Hot Ham & Cheese Croissant  
Baked Beans  
Sweet Potato Fries  
Fruit Assortment  
Choice of Milk

**Thursday, March 22**

**Breakfast**

Cereal Bar  
Fruit and 100% Juice  
Choice of Milk

**Lunch**

Baked Spaghetti  
w/Bread Stick  
Broccoli  
Seasoned Corn  
Fruit Assortment  
Choice of Milk

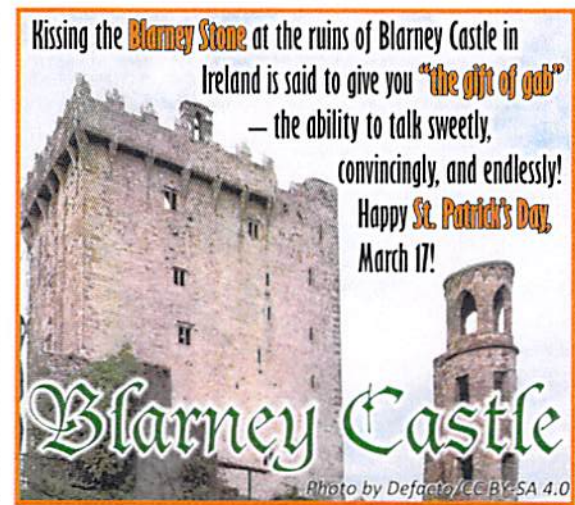
**Friday, March 23**

**Breakfast**

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

**Lunch**

Beef and Bean Chili  
w/Cornbread  
Garden Salad  
Potato Wedges  
Fruit Assortment  
Choice of Milk



**What's on YOUR plate?**

HALF FRUITS AND VEGETABLES  
GRAINS, MOSTLY WHOLE  
PROTEIN FOODS  
DAIRY

**Q: How do you turn soup to gold?**



**A: Put 14 carrots in it!**  
Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](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**