

Menus for March 2018

Rockbridge County Public Schools
Maury River Middle 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
Waffles
Fruit & 100% Juice
Choice of Milk

Lunch
Taco w/Scoops
Or Burrito
Refried Beans
Tomato Cup (Dip Optional)
Fruit Assortment
Choice of Milk

Friday, March 2

Breakfast
Breakfast Pizza
Fruit & 100% Juice
Choice of Milk

Lunch
Pizza or
Hot Italian Ham & Cheese Sub
Tossed Salad
Curly Fries
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
Pancakes
Fruit & 100% Juice
Choice of Milk

Lunch
Chicken Patty on Bun
Or Rib Sandwich
Tossed Salad
Sweet Potato Fries
Fruit Assortment
Choice of Milk

Wednesday, March 7

Breakfast
Sausage Biscuit
Fruit & 100% Juice
Choice of Milk

Lunch
Cheeseburger or
Turkey, Lettuce & Cheese
Croissant
Potato Wedges
Baby Carrots (Dip Optional)
Fruit Assortment
Choice of Milk

Thursday, March 8

Breakfast
Chocolate Muffin
Fruit & 100% Juice
Choice of Milk

Lunch
Pork BBQ on Bun
Or Corn Dog Nuggets
Baked Beans
Corn on the Cob
Fruit Assortment
Choice of Milk

Friday, March 9

Breakfast
Scrambled Egg w/Toast
Fruit & 100% Juice
Choice of Milk

Lunch
Pizza or
Chicken Bites w/Roll
Baked Fries
Steamed Broccoli
Fruit Assortment
Choice of Milk

DON'T 4GET!
To make a lunch,
choose at least one

Fruit/Juice **OR** **Veggie**

Grains **Milk** **Protein**

Fruit/Juice **and 3-5 items total** **Vegetables**

Rockbridge County Public Schools School Nutrition Department

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
Strawberry Bagel Bites
Fruit & 100% Juice
Choice of Milk

Lunch
Hamburger on Bun or
Hot Dog on Bun
Curly Fries
Baby Carrots (Dip Optional)
Fruit Assortment
Choice of Milk

Tuesday, March 13

Breakfast
French Toast Stix
Fruit Assortment
Choice of Milk

Lunch
Popcorn Chicken w/Roll
Or Steak and Gravy w/Roll
Mashed Potatoes
Mixed Greens
Fruit Assortment
Choice of Milk

Wednesday, March 14

Breakfast
Steak Biscuit
Fruit Assortment
Choice of Milk

Lunch
Potato Tot Nachos or
Chicken & Cheese Quesadilla
Refried Beans
Tomato Cup
Fruit Assortment
Choice of Milk

Thursday, March 15

Breakfast
Frudel
Fruit Assortment
Choice of Milk

Lunch
Turkey, Ham, Lettuce &
Cheese Sub or
Spicy Chicken Patty
Quick Baked Potato
Green Beans
Fruit Assortment
Choice of Milk

Friday, March 16

Breakfast
Sausage Gravy w/Biscuit
Fruit Assortment
Choice of Milk

Lunch
Pizza or
Lasagna w/Garlic Bread
Tossed Salad
Steamed Corn
Fruit Assortment
Choice of Milk

Monday, March 19

Breakfast
Waffles
Fruit Assortment
Choice of Milk

Lunch
Chicken Patty on Bun
Or Rib Sandwich
Tossed Salad
Au Gratin Potatoes
Fruit Assortment
Choice of Milk
Cake

Tuesday, March 20

Breakfast
Pancake/Sausage on a Stick
Fruit Assortment
Choice of Milk

Lunch
Cheeseburger on Bun or
Corn Dog
Baked Beans
Potato Wedges
Fruit Assortment
Choice of Milk

Wednesday, March 21

Breakfast
Chicken Biscuit
Fruit Assortment
Choice of Milk

Lunch
French Toast Sticks w/
Sausage Patty or
Sausage, Egg & Cheese Biscuit
Hashbrown Patty
Baby Carrots w/Dip
Fruit Assortment
Choice of Milk

Thursday, March 22

Breakfast
Cereal Bar
Fruit Assortment
Choice of Milk

Lunch
Shrimp Poppers or
Hot Italian Ham & Cheese Sub
Green Beans
Celery (Dip Optional)
Fruit Assortment
Choice of Milk

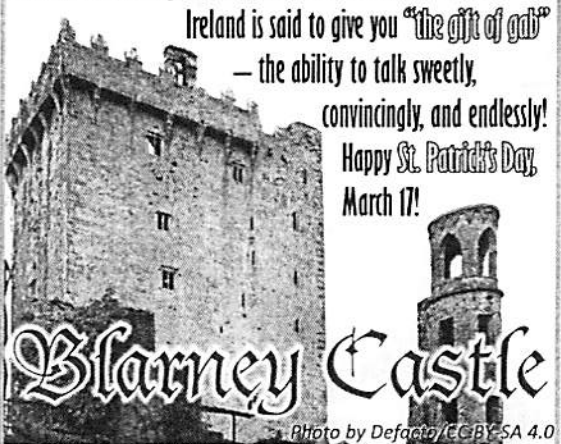
Friday, March 23

Breakfast
Breakfast Pizza
Fruit Assortment
Choice of Milk

Lunch
Pizza or
Mozzarella Cheese Sticks
w/Sauce
Sweet Potato Fries
Steamed Broccoli
Fruit Assortment
Choice of Milk

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

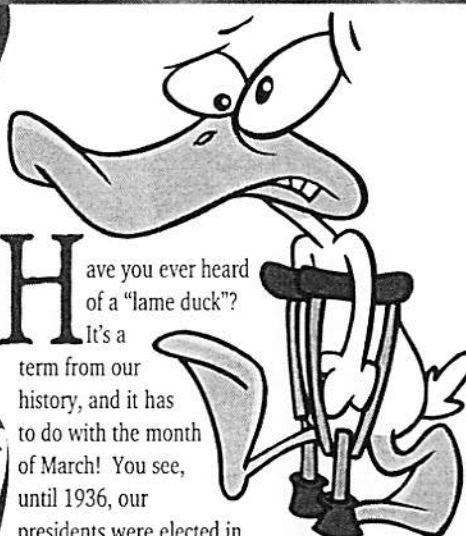
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MARCH NUTRITION MONTH

IS NATIONAL



★ **OUR NATION'S HISTORY** ★



Have you ever heard of a "lame duck"?

It's a term from our history, and it has to do with the month of March! You see, until 1936, our presidents were elected in November – but not sworn in until March 4, four months later! In the 19th century, they might have needed all that time just to collect and certify the vote and get everybody to Washington before the days of trains, cars, and highways, much less planes. But that left the old president – the so-called "lame duck," who couldn't really do much – in charge for 4 months! So beginning with Franklin Roosevelt's inauguration in 1936, the date was moved up to January 20, where it remains today.

★ **WITH LIBERTY & JUSTICE FOR ALL** ★