

**Menus for**  
**March**  
**2018**

**Rockbridge County Public Schools**  
**Rockbridge County High 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**

Steak Biscuit  
Fruit and 100% Juice  
Choice of Milk

**Lunch**

Pizza  
Or Cheeseburger  
Curly Fries  
Fresh Vegetable Cup  
Fruit Assortment  
Choice of Milk  
Cookie

Friday, March 2

**Breakfast**

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

**Lunch**

Meatball Sub or  
Popcorn Chicken  
Mashed Potatoes  
Green Beans  
Fruit Assortment  
Choice of Milk

**Make the healthy,  
economical choice!**

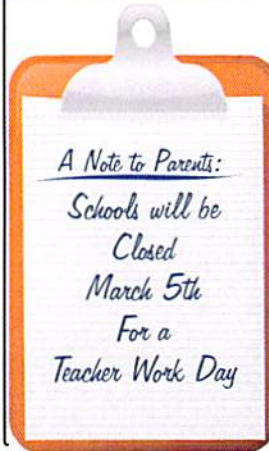
**Breakfast**

**Lunch**

**\$1.10 \$2.35**

Get in touch with us today to learn more about  
free and reduced-price meals in our district:  
540-460-3654

Monday, March 5



Tuesday, March 6

**Breakfast**

Fru-del  
Fruit and 100% Juice  
Choice of Milk

**Lunch**

Corn Dog Nuggets  
Or Ham & Cheese Calzone  
Curly Fries  
Broccoli  
Fruit Assortment  
Choice of Milk

Wednesday, March 7

**Breakfast**

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

**Lunch**

Chicken Patty on Bun  
Or Cheese Stick w/Sauce  
Sweet Potato Fries  
California Mixed Vegetables  
Fruit Assortment  
Choice of Milk

Thursday, March 8

**Breakfast**

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

**Lunch**

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

Friday, March 9

**Breakfast**

Cereal Bar  
Fruit & 100% Juice  
Choice of Milk

**Lunch**

Biscuit & Gravy w/Sausage  
Patty or  
Pancakes w/Sausage  
Oven Fries  
Grape Tomatoes (Dip Opt)  
Fruit Assortment  
Choice of Milk

**DON'T 4 GET!**

To make a lunch,  
choose at least one



Fruit/Juice

or

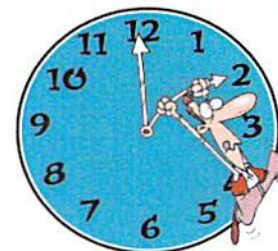


Veggie

Rockbridge County Public Schools School Nutrition Department

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  
SPRING  
FORWARD  
ON 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**

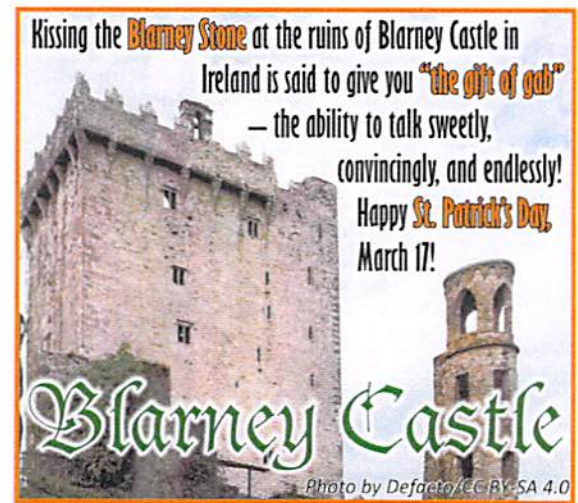
**Breakfast**  
Cereal Bar  
Fruit Assortment  
Choice of Milk

**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

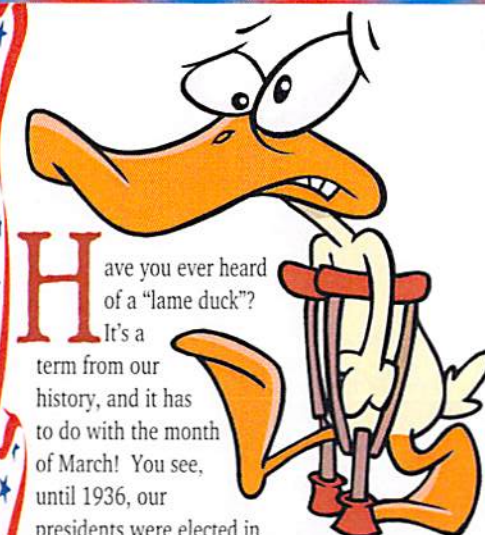
**Lunch**  
Pizza or  
Mozzarella Cheese Sticks  
w/Sauce  
Sweet Potato Fries  
Steamed Broccoli  
Fruit Assortment  
Choice of Milk



# MARCH IS NATIONAL NUTRITION MONTH



**★ OUR NATION'S HISTORY ★**



**H**ave 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 ★**