

Menus for March 2019

Louisa County Middle School

This institution is an equal opportunity provider. Menus are subject to change.

2 Week Cycle Menu!

Week 1 and 3

Monday: Dutch Waffle, Fruit/Juice
 Tuesday: Bacon, Egg & Cheese Burrito, Juice/Fruit
 Wednesday: Breakfast Pizza, Juice/Fruit
 Thursday: Sausage Biscuit & Gravy, Fruit/Juice
 Friday: French Toast Sticks w/ Syrup, Fruit/Juice

Week 2 and 4

Monday: Apple Cinnamon French Toast, Fruit/Juice
 Tuesday: Chicken Biscuit, Juice/Fruit
 Wednesday: Breakfast Pizza, Juice/Fruit
 Thursday: Sausage Biscuit & Gravy, Fruit/Juice
 Friday: French Toast w/ Syrup, Fruit/Juice

Additional Entrees Offered Daily

Cereal w/ Toast or Graham Crackers, Breakfast Bar,
 Banana Bread, Zucchini Bread, Blueberry Bread,
 Fortified Donut—Choice of Milk Daily

Friday, March 1

Choose One

PB&J Uncrustable Grab N Go
 Greek Yogurt /String Cheese/
 Zucchini Bread Combo
 Chicken Caesar Shaker Salad
 Cheeseburger on Bun
 Chicken Tenders w/ Wheat Roll
 BBQ Chicken w/ Wheat Roll

Choose Two

Sweet Kernel Corn
 Creamy Mashed Potatoes

Choose One

Chilled Pineapple
 Strawberry Cup

Choice of Milk

SCHOOL BREAKFAST

START YOUR ENGINES!

Kids! Join us March 4-8 for National School Breakfast Week 2019

Monday, March 4

Choose One

PB&J Uncrustable Grab N Go
 Hot ham & Cheese Ciabatta
 Personal Pan Pizza

Popcorn Chicken w/ Wheat Roll

Choose Two

Steamed Green Beans
 Steamed Broccoli
 Scalloped Potatoes

Choose One

Chilled Pineapple
 Mixed Berry Cup

Choice of Milk

Tuesday, March 5

Choose One

PB&J Uncrustable Grab N Go
 Buffalo Chicken Sandwich
 Asian Rice Bowl

Sweet & Sour Chicken
 Or Teriyaki Chicken

Choose Two

Egg Roll
 Sweet Peas & Carrots

Choose One

Chilled Peaches
 Frozen Juice Cup

Choice of Milk

Wednesday, March 6

Choose One

PB&J Uncrustable Grab N Go
 Chobani Yogurt /String
 Cheese/Zucchini Bread Combo

Chicken Patty on Bun
 Pizza Crunchers

Chicken & Cheese Nachos

Choose Two

Sweet Kernel Corn
 Fiesta Black Beans

Choose One

Chilled Mixed Fruit
 Fresh Apple Slices

Choice of Milk

Thursday, March 7

Choose One

PB&J Uncrustable Grab N Go
 Greek Yogurt /String Cheese/
 Cinnamon Bread Combo

Cheeseburger on Bun
 Taco Salad

Spaghetti and Meat Sauce
 w/ Garlic Stick

Pizza Dippers

Choose Two

Baby Carrots w/ Ranch
 Tossed Salad

Choose One

Chilled Pears
 Fresh Grapes

Choice of Milk

Friday, March 8

Choose One

PB&J Uncrustable Grab N Go
 Greek Yogurt /String Cheese/
 Zucchini Bread Combo

Chicken Caesar Shaker Salad
 Chicken Sandwich

Chicken Tenders w/ Wheat Roll
 Meatball Sub

Choose Two

Sweet Kernel Corn
 Spicy Waffle Fries

Choose One

Chilled Pineapple
 Strawberry Cup

Fruitables 100% Juice
 Choice of Milk

Every complete meal we serve comes with your choice of milk!

The original value meal & still a fantastic deal!

—Breakfast— —Lunch—
\$1.35 \$2.90

Get in touch with us today to learn more about free and reduced-price meals in our district:
 540-894-5115

OFF THE CLOCK.

A clock can't always tell you when it's time for breakfast! Eat at home, before you start your day. Or eat when you get where you're going. Or eat something mid-morning. Research even suggests kids learn and feel better when they eat TWO smaller healthy breakfasts.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Spring Forward



Sunday, March 10



What's on YOUR plate?



Q: What can you do with a LEEK?!

- A. Stick your finger in it until help comes!
- B. Call a plumber to fix it!
- C. ABANDON SHIP!
- D. None of the above

A: The answer is D – none of the above. The other choices are all LEAKS, not LEEKS! Leeks are mild-flavored veggies related to onions that are often used to flavor soups, but can also be enjoyed sliced and sauteed!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

NUTRITION TO GO

Not many foods are as wholesome as a fresh potato. It's loaded with complex carbohydrates, and it also delivers protein and many vitamins and minerals. The skin actually contains more fiber, iron, calcium, and other nutrients per weight than the flesh. Processed potatoes aren't as nutritious as fresh.

A QUICK BITE FOR PARENTS

Monday, March 11

Schools Closed

Tuesday, March 12

Choose One
 PB&J Uncrustable Grab N Go
 Greek Yogurt /String Cheese/
 Zucchini Bread Combo
 Chicken Caesar Shaker Salad
 Buffalo Chicken Sandwich
 Soft Taco
 Buffalo Chicken Dip w/ Chips
Choose Two
 Sweet Kernel Corn
 Fiesta Black Beans
Choose One
 Chilled Pineapple
 Mixed Berry Cup
 Choice of Milk

Wed. March 13

Choose One
 PB&J Uncrustable Grab N Go
 Greek Yogurt /String Cheese/
 Zucchini Bread Combo
 Fruity Chicken Shaker Salad
 Pizza Crunchers
 Chili/ Cheese Nachos
 Turkey Ham & Cheese Spiral
 Wrap w/ Baked Chips
Choose Two
 Seasoned Carrots
 Tossed Salad
Choose One
 Chilled Mixed Fruit
 Fresh Apple Slices
 Choice of Milk

Thursday, March 14

Choose One
 PB&J Uncrustable Grab N Go
 Greek Yogurt /String Cheese/
 Cinnamon Bread Combo
 Taco Salad
 Cheeseburger on Bun
 Pizza Calzone
 Turkey & Gravy
 w/ Wheat Roll
Choose Two
 Mashed Potatoes
 Sweet Peas
Choose One
 Chilled Peaches
 Strawberry Cup
 Choice of Milk

Friday, March 15

Choose One
 PB&J Uncrustable Grab N Go
 Greek Yogurt /String Cheese/
 Zucchini Bread Combo
 Chopped Veggie Shaker Salad
 Southwest Chicken Wrap
 Buffalo Chicken Sandwich
 Macaroni & Cheese w/
 Popcorn Shrimp
Choose Two
 Steamed Green Beans
 Steamed Spinach
 Cherry Tomatoes w/ Ranch
Choose One
 Chilled Applesauce
 Fresh Orange Wedges
 Choice of Milk

Monday, March 18

Choose One
 PB&J Uncrustable Grab N Go
 Greek Yogurt /String Cheese/
 Zucchini Bread Combo
 Chef Shaker Salad
 Cheeseburger on Bun
 Stuffed Crust Pizza
 Philly, Meatball or
 Pizza Pinwheel
Choose Two
 Steamed Broccoli
 Sweet Kernel Corn
Choose One
 Fresh Apple
 Chilled Mixed Fruit
 Choice of Milk

Tuesday, March 19

Choose One
 PB&J Uncrustable Grab N Go
 Greek Yogurt /String Cheese/
 Zucchini Bread Combo
 Chicken Caesar Shaker Salad
 Buffalo Chicken Sandwich
 BBQ on Bun
 Corn Dog Nuggets
Choose Two
 Vegetarian Beans
 Spicy Waffle Fries
 Cole Slaw
Choose One
 Fresh Apple Slices
 Peach Cup
 Choice of Milk

Wed. March 20

Choose One
 PB&J Uncrustable Grab N Go
 Greek Yogurt /String Cheese/
 Zucchini Bread Combo
 Fruity Chicken Shaker Salad
 Chicken Patty on Bun
 Pizza Crunchers
 Chili/ Cheese Nachos
Choose Two
 Sweet Kernel Corn
 Fiesta Black Beans
 Baby Carrots w/ Dip
Choose One
 Fresh Grapes
 Chilled Pineapple
 Choice of Milk

Thursday, March 21

Choose One
 PB&J Uncrustable Grab N Go
 Greek Yogurt /String Cheese/
 Cinnamon Bread Combo
 Cheeseburger on Bun
 Taco Salad
 Popcorn Chicken w/ Wheat Roll
 Breakfast for Lunch
 Dutch Waffle w/ Sausage Patty w/
 Syrup
Choose Two
 Tater Tots
 Fresh Veggie Cup
Choose One
 Fresh Blueberries w/ Topping
 Fruitables 100% Juice
 Fresh Apple Slices
 Choice of Milk

Friday, March 22

Choose One
 PB&J Uncrustable Grab N Go
 Greek Yogurt /String Cheese/
 Zucchini Bread Combo
 Chopped Veggie Shaker Salad
 BBQ Chicken Flatbread Melt
 Mac & Cheese Bar w/ WG Roll
 Buffalo Chicken Wrap
 w/ Chips
Choose Two
 Steamed Spinach
 Steamed Green Beans
Choose One
 Fresh Orange Wedges
 Chilled Applesauce
 Choice of Milk

Monday, March 25

Choose One
 PB&J Uncrustable Grab N Go
 Chobani Yogurt /String
 Cheese/Zucchini Bread Combo
 Chef Shaker Salad
 Hot ham & Cheese Ciabatta
 Personal Pan Pizza
 Popcorn Chicken
 w/ Wheat Roll
Choose Two
 Steamed Green Beans
 Steamed Broccoli
 Scalloped Potatoes
Choose One
 Chilled Pineapple
 Fresh Apple
 Choice of Milk

Tuesday, March 26

Choose One
 PB&J Uncrustable Grab N Go
 Chobani Yogurt /String
 Cheese/Zucchini Bread Combo
 Chicken Caesar Shaker Salad
 Buffalo Chicken Sandwich
 Asian Rice Bowl
 Sweet & Sour Chicken
 Or Teriyaki Chicken
Choose Two
 Egg Roll
 Sweet Peas & Carrots
Choose One
 Chilled Peaches
 Fresh Orange Wedges
 Choice of Milk

Wed. March 27

Choose One
 PB&J Uncrustable Grab N Go
 Chobani Yogurt /String
 Cheese/Zucchini Bread Combo
 Fruity Chicken Shaker Salad
 Chicken Patty on Bun
 Pizza Crunchers
 Chicken & Cheese Nachos
Choose Two
 Sweet Kernel Corn
 Fiesta Black Beans
Choose One
 Chilled Mixed Fruit
 Fresh Apple Slices
 Choice of Milk

Thursday, March 28

Choose One
 PB&J Uncrustable Grab N Go
 Greek Yogurt /String Cheese/
 Cinnamon Bread Combo
 Chicken Sandwich
 Taco Salad
 Spaghetti or Rotini
 Choose 1:
 Meat Balls or Chicken
 Marinara w/ Garlic Stick
 Pizza Dippers
Choose Two
 Baby Carrots w/ Ranch
 Tossed Salad
Choose One
 Chilled Pears
 Fresh Grapes
 Choice of Milk

Friday, March 29

Choose One
 PB&J Uncrustable Grab N Go
 Greek Yogurt /String Cheese/
 Zucchini Bread Combo
 Chicken Caesar Shaker Salad
 Cheeseburger on Bun
 Chicken Tenders w/ Wheat Roll
 BBQ Chicken w/ Wheat Roll
Choose Two
 Sweet Kernel Corn
 Creamy Mashed Potatoes
Choose One
 Chilled Pineapple
 Strawberry Cup
 Choice of Milk