MARCH

Pre-Kinder

A choice of milk will be offered every day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pizza Steamed Vegetables Fruit Dessert	4 Quesadillas Pinto Beans Seasoned Corn Fruit Cup	5 Fish Shapes Hot Roll Seasoned Vegetables Fruit Salad	6 Chicken & Waffles Mashed Potatoes Steamed Vegetables Berries & Cream	7 **Grab N' Go Sack Lunch**
SPRING BREAK!!				
17 **ENJOY YOUR DAY OFF!**	18 Nachos Refried Beans Tossed Salad Spanish Rice Fresh Apple	19 Breakfast for Lunch! Confetti Pancakes with Sausage or Bagel Bites Breakfast Potatoes Tropical Trio Slush Berries & Cream	20 Chicken Strips Hot Roll Mashed Potatoes Seasoned Green Beans Orange Smiles	21 Specialty Burger or Fish Sandwich Basket with Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit
24 Pizza Seasoned Vegetables Fruit Dessert	25 Tacos Lettuce & Tomatoes Pinto Beans Spanish Rice Pineapple	26 Mac & Cheese Seasoned Corn Cucumber Salad Fruit	27 Steak Fingers Hot Roll Mashed Potatoes Seasoned Green Beans Cinnamon Apples	28 Cheese Burger or Fish Sandwich Basket with Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit

An option of fresh fruit or fruit cup and a choice of juice and milk are also offered every day.

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of 3/3 & 3/24	Pancake Wrap	Waffles	Breakfast on Bun	Breakfast Pizza	Cereal & Grahams
Week of 3/17	Pig in a Blanket	Cereal & Grahams	Biscuits & Gravy	Breakfast Tacos	Yogurt & Grahams

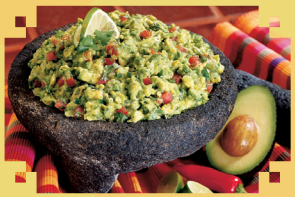
This institution is an equal opportunity provider.

Green is the Color of the Season!

March seems to be all about green and not just because of St. Patrick's Day. So many green vegetables are in season this month, including the yummy avocado! There are plenty of ways to eat avocados, but one of America's favorite is guacamole. Try the simple guacamole recipe below at home for a yummy snack or addition to any meal!

Ingredients:

- 3 medium avocados or 4 small ones
- 1 firm tomato, finely diced
- 1/2 white onion
- 1/2 cup chopped cilantro
- 2 tbsp. fresh lemon or lime juice
- Salt and pepper to taste

Preparation:

1. Open the avocados and scoop out the flesh.
2. Mash the flesh with a fork until nearly smooth.
3. Stir the other ingredients into the flesh.
4. Enjoy with chips or fresh veggies.