March 2017

Meal Prices – 2015/2016
Student Breakfast (K-3) - $1.10
Student Lunch (K-3) - $2.25
Student Breakfast (4-12) - $1.35
Student Lunch (4-12) - $2.50
Reduced Breakfast - $0.30
Reduced Lunch - $0.40
Adult Breakfast - $1.85
Adult Lunch - $3.50

Alternate Meals – Available Daily

Monday – Chicken Patty, Meatball Sub, PB&J
Tuesday – Chicken Patty, Pizza Bar, Yogurt Parfait
Wednesday – Chicken Patty, Salad Bar, PB&J
Thursday – Chicken Patty, Salad Bar
Friday – Pizza Bar, Yogurt Parfait & PB&J

New in the Cafeteria
One snack for sale per day in the cafeteria.
$0.80

REMINDER
The cafeteria does NOT serve breakfast on Snow Delay days.

Monday, March 6
Main Entrée
Buffalo or BBQ chicken Tenders w/ Dinner Roll
Fruit & Vegetable Choices
Steamy Broccoli, Assorted Cold Vegetables, Choice of Fruit, Milk

Tuesday, March 7
Main Entrée
French Toast Sticks w/ Sausage Patty
Fruit & Vegetable Choices
Tater Tots, Assorted Cold Vegetables, Choice of Fruit, Milk

Wednesday, March 8
Main Entrée
Rib & Q Sandwich
Fruit & Vegetable Choices
Waffle Fries, Assorted Cold Vegetables, Choice of Fruit, Milk

Thursday, March 9
Main Entrée
Walk Away Taco w/ Salsa & Sour Cream
Fruit & Vegetable Choices
Fiesta Black Beans, Assorted Cold Vegetables, Choice of Fruit, Milk

Friday, March 10
Main Entrée
Ravioli w/ Garlic Texas Toast
Fruit & Vegetable Choices
Seasoned Green Beans, Assorted Cold Vegetables, Choice of Fruit, Milk

Grab n Go Breakfast
Choice of One Entrée:
*Pillsbury WG Mini Pancakes – Monday only
*Egg Wrap – Tuesday only
*Pillsbury WG Mini Cinnis – Wednesday only
*WG Pancake & Sausage on a Stick – Thursday only
*WG Mini French Toast – Friday only

Available w/ Meal - 100% Fruit Juice, Fruit or Milk

Available Daily – Choice of Cereal Bar, Poptart or Muffins

National School Breakfast Challenge
Week is: March 6 – 10

New in the Cafeteria
One snack for sale per day in the cafeteria.
$0.80

REMINDER
The cafeteria does NOT serve breakfast on Snow Delay days.

*Menu Subject to Change.
### MARKET BASKET OF THE MONTH:

**Green Beans**

#### Did you Know?

Just 1 Cup of raw Snap Green Beans is an excellent source of Vitamin C & a good source of heart-healthy fiber.

Green Beans are often called string beans because originally a tough “string” ran on the outer curve of the shell.

The pod color of the beans can be green, yellow, purple, red or streaked, but the bean color is always green.

### MILK IS SERVED WITH
**BREAKFAST AND LUNCH**

**CHOICES ARE: SKIM, 1% WHITE & FF FLAVORED MILK**

### What’s In It?

**Yogurt Parfait –**
Yogurt w/ Granola, Cheesestick or Sunflower Seed, Cereal

*Includes Fruit, Vegetable & Milk*

**Bobcat Pizza Bar –**
3 different types of Pizza available

### mySchoolBucks Online Prepayment System

Prepay for your student’s lunches on-line! It is a safe, easy and convenient way to make sure your child has money for their school lunches. And you can view their transactions and get low balance alerts.

Visit: mySchoolBucks.com or download the MY SCHOOL BUCKS APP.

### Daily Menu:

<table>
<thead>
<tr>
<th>Monday, March 13</th>
<th>Tuesday, March 14</th>
<th>Wednesday, March 15</th>
<th>Thursday, March 16</th>
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<tbody>
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<td><strong>Main Entrée</strong></td>
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<td>Macaroni &amp; Cheese Mix Up w/ Stewed Tomatoes</td>
<td>Meatballs &amp; Bosco Stick</td>
<td>Hamburger or Cheeseburger</td>
<td>Mashed Potato Bowl</td>
<td>Cheese or Chicken Quesadilla</td>
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<td>Ham &amp; Cheese on Pretzel Roll</td>
<td>Dutch Waffle w/ Sausage Patty</td>
<td>Taco Bake w/ Sour Cream</td>
<td>Chicken Nuggets w/ Dinner</td>
<td>No School Report Card Prep</td>
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<td>Breaded Mozzarella Sticks w/ Pizza Dipping Sauce</td>
<td>Pancakes w/ Sausage Patty</td>
<td>Hot Dog on a Bun</td>
<td>Nacho Dippers w/ Salsa &amp; Sour Cream</td>
<td>Bacon Cheeseburger w/ Toppings</td>
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### Monday, March 13

- Macaroni & Cheese Mix Up w/ Stewed Tomatoes
- Steamy Peas, Assorted Cold Vegetables, Choice of Fruit, Milk
- Seasoned Carrots, Assorted Cold Vegetables, Choice of Fruit, Milk
- Tomato Soup, Carrots & Broccoli, Choice of Fruit
- Baked Potato Smiles, Assorted Cold Vegetables, Choice of Fruit, Milk
- Breaded Mozzarella Sticks w/ Pizza Dipping Sauce
- Seasoned Carrots, Assorted Cold Vegetables, Choice of Fruit, Milk
- Hashbrown, Assorted Cold Vegetables, Choice of Fruit, Milk
- French Fries, Assorted Cold Vegetables, Choice of Fruit, Milk
- Refried Beans, Assorted Cold Vegetables, Choice of Fruit, Milk
- Onion Rings, Assorted Cold Vegetables, Choice of Fruit, Milk

### Monday, March 20

- Ham & Cheese on Pretzel Roll
- Dutch Waffle w/ Sausage Patty
- Taco Bake w/ Sour Cream
- Chicken Nuggets w/ Dinner
- Breaded Mozzarella Sticks w/ Pizza Dipping Sauce
- Pancakes w/ Sausage Patty
- Hot Dog on a Bun
- Nacho Dippers w/ Salsa & Sour Cream
- Bacon Cheeseburger w/ Toppings