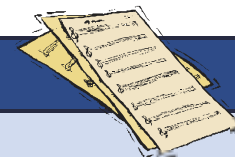


March 2009

New Branches School

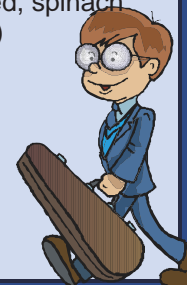


News

Harvest of the Month for March is:

Spinach

- Use fresh spinach to make a tasty salad.
- Add chopped spinach to lasagna and soup.
- Stir-fry spinach. Add garlic, onion and chopped red bell peppers for a colorful dish.
- For raw spinach, a serving is one cup for children and two cups for adults.
- For cooked spinach, a serving is one-half cup for children and one cup for adults. (When cooked, spinach shrinks a lot.)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Waffles and Turkey Sausage Yogurt Fruit Milk	3 Taco Bar Tuesday Soft shell taco w/meat Choice of toppings: lettuce, tomatoes, cheese Fruit/Vegetable Milk	4 Turkey Dog Baked beans Salad Fruit/Vegetable Milk	5 Tortilla Chips w/beans and cheese Cornbread Salad Fruit/Vegetable Milk	6 No LUNCH ½ day of School
9 Meatball Sub Salad Fruit Vegetable Milk	Fresh Veggie Tortilla Roll ups Sunflower Seeds Vegetable Fruit Milk	11 Ham and Cheese Bagel Fruit Vegetable Milk	12 Cheese Pizza Breadstick Salad Fruit/Vegetable Milk	13 Macaroni and Cheese Toast Salad Fruit/Vegetable Milk
16 Burritos Salad Fruit Vegetable Milk	17 Breakfast Sandwich (egg, sausage and cheese) Fruit Applesauce Milk	Chicken Patty Sandwich Spinach Salad Fruit Vegetable Milk	19 Tortilla Chips w/beans and cheese Cornbread Salad Fruit/Vegetable Milk	20 Italian Bow Tie Bake Sunflower Seeds Salad Fruit Milk
23 Spaghetti and meatballs in Marinara Sauce Garlic Toast Salad Fruit/Vegetable Milk	24 Taco Bar Tuesday Soft shell taco w/meat Choice of toppings: lettuce, tomatoes, cheese Fruit/Vegetable Milk	25 Brown Bag Lunch (Turkey Sandwich) Carrots Apple Juice Oatmeal cookie Milk	Cheese Pizza Spinach dip and bread Salad Fruit/Vegetable Milk	27 Grilled Cheese Sandwich Tomato Soup Yogurt Salad Milk
30 Sub Sandwiches Soft Pretzel w/cheese Salad Fruit/Vegetable Milk	31 Sloppy Nachos Salad Fruit Vegetable Milk			