



# March 2010



## New Branches School



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Turkey Dog 1</b> Baked Beans Salad Bar Fruit Milk	<b>Taco Bar Tuesday 2</b> Soft Shell Tacos w/meat  <b>Choice of Toppings:</b> Lettuce, tomatoes, cheese Vegetable Milk	<b>Chicken Patty Sandwich 3</b>  Salad Bar Fruit Vegetable Milk	<b>Cheese Pizza 4</b>  Salad Bar Vegetable Fruit Milk	<b>Bow Tie Pasta Bake 5</b>  Garlic Toast Fruit Vegetable Milk
<b>Chicken Salad Pita 8</b> Tater Tots Salad Bar Fruit Milk	<b>Nacho Bar 9</b> Nacho chips w/seasoned ground turkey <b>Choice of Toppings:</b> tomatoes, olives, cheese, beans and salsa Vegetable Milk	<b>Chicken Wraps 10</b>  Salad Bar Vegetable Fruit Milk	<b>Pita Pizza 11</b>  Salad Bar Fruit Vegetable Milk	<b>Turkey Sausage and Oatmeal 12</b>  Yogurt Bananas Fruit Milk
<b>Turkey Burger 15</b> Sweet Potato Fries Salad Bar Fruit Vegetable Milk	<b>Cheese Tortellini In Marinara Sauce 16</b>  Breadstick Salad Fruit/Vegetable	<b>Chicken Patty Sandwich 17</b>  Salad Bar Fruit Vegetable Milk	<b>Cheese Pizza 18</b>  Salad Bar Vegetable Fruit Milk	<b>NO SCHOOL 19</b>
<b>Turkey Sausage and Waffles 22</b>  Yogurt Bananas Fruit Milk	<b>Taco Bar Tuesday 23</b> Soft Shell Tacos w/meat  <b>Choice of Toppings:</b> Lettuce, tomatoes, cheese Vegetable Milk	<b>Chicken and Cheese Quesadillas 24</b>  Salad Bar Fruit Vegetable Milk	<b>Brown Bag Lunch Turkey Sandwich 25</b>  Pretzel Twist Apple Carrots Milk	<b>Macaroni and Cheese 26</b>  Salad Bar Vegetable Fruit Toast Milk
<b>Meatball Subs 29</b>  Salad Bar Fruit Vegetable Milk	<b>Turkey Burritos 30</b>  Salad Bar Fruit Vegetable Milk	<b>Oven Fried Chicken 31</b>  Sweet Potatoes Fruit Vegetable Roll Milk		

### News

March is National Nutrition Month!

We encourage all of our families to take a second look at your nutritional choices at home!

Some suggestions:

Sneak one vegetable into each dinner!

Substitute a sweet fruit for a sweet candy!

MAKE HEALTHY FUN!

