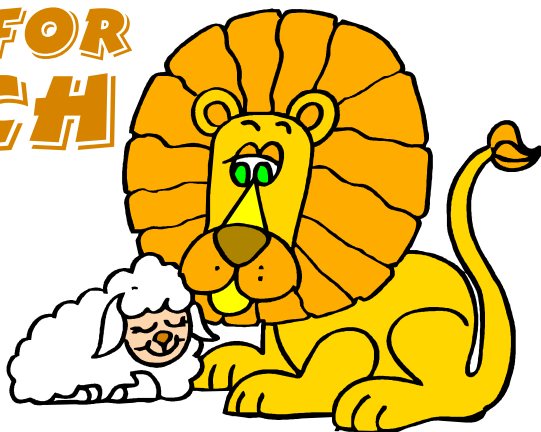


*"March comes in like a lion and goes out like a lamb!"*

# MENUS FOR MARCH 2015

USDA is an equal  
opportunity provider  
and employer.



## ST. TERESA SCHOOL

## START FRESH WITH FRUIT!

Everyone, young and  
old, should begin  
their morning  
with fresh fruit.  
It's the head  
start you can  
hold in your hand!



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

Monday, March 2

*Casimir Pulaski Day  
No School*

Tuesday, March 3

**Lunch**  
-Chicken Nuggets with Bread  
-Meatball Sandwich  
-Caesar Salad  
with Ranch Crackers  
-PBJ Sandwich  
Whole Kernel Corn  
Chilled Peaches  
Cold Milk

Wednesday, March 4

**Lunch**  
-Corn Dog  
-Sloppy Joe Sandwich  
-Chef Salad with Roll  
-PBJ Sandwich  
Sunset Sip Juice  
Steamed Broccoli & Cheese  
Chilled Applesauce  
Cold Milk

Thursday, March 5

**Lunch**  
-Taco Salad  
-Grilled Chicken Sandwich  
-Caesar Salad with Roll  
-PBJ Sandwich  
Seasoned Black Beans  
Raisels  
Cold Milk

Friday, March 6

**Lunch**  
-Cheese Quesadilla  
-Baked Potato with Cheese  
and Bread Slice  
-Chef Salad with Roll  
-PBJ Sandwich  
Seasoned Green Beans  
Mandarin Oranges  
Chocolate Elf Grahams  
Cold Milk



Monday, March 9

**Lunch**  
-Pepperoni Pizza  
-Sub Sandwich  
-Chef Salad with Roll  
-PBJ Sandwich  
Baby Carrots  
Chilled Pineapple  
Cold Milk

Tuesday, March 10

**Lunch**  
-Chicken Strips with Bread  
-Ham & Cheese on Flatbread  
-Caesar Salad  
with Ranch Crackers  
-PBJ Sandwich  
Mashed Potatoes and Gravy  
Mixed Fruit  
Cold Milk

Wednesday, March 11

**Lunch**  
-Cheeseburger  
-BBQ Pork Sandwich  
-Chef Salad with Roll  
-PBJ Sandwich  
Baked Beans  
Applesauce  
Animal Crackers  
Cold Milk

Thursday, March 12

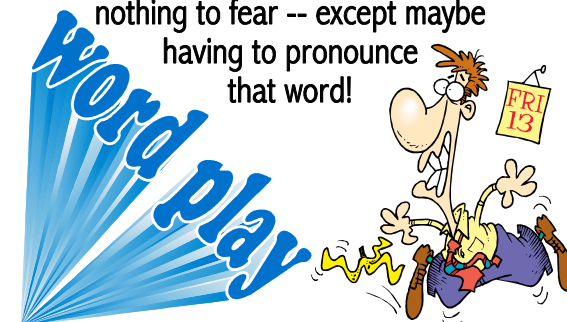
**Lunch**  
-Mini Corn Dogs  
-Chili-Mac with Crackers  
-Caesar Salad with Roll  
-PBJ Sandwich  
Fresh Broccoli  
Chilled Peaches  
Cold Milk

Friday, March 13

**Lunch**  
-Mozzarella Sticks  
with Dipping Sauce  
-Cheesy Fish Sandwich  
-Chef Salad with Roll  
-PBJ Sandwich  
Cole Slaw  
Sweet Corn  
Mandarin Oranges  
Cold Milk

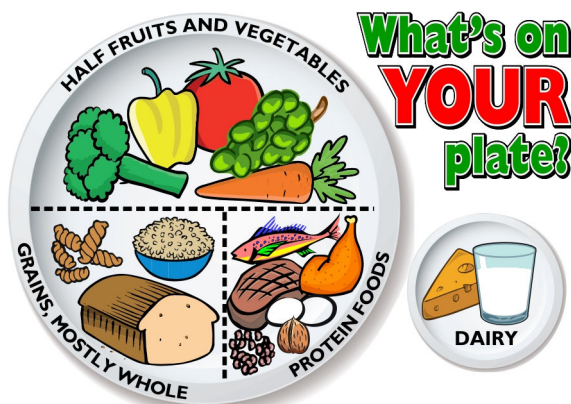
## Friggatriskadekaphobia

"Friggatriskadekaphobia" is the irrational  
fear of Friday the 13th. There's really  
nothing to fear -- except maybe  
having to pronounce  
that word!



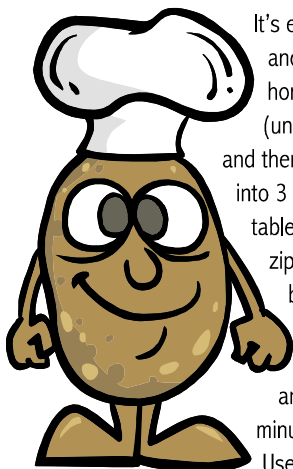


Monday, March 16	Tuesday, March 17	Wednesday, March 18	Thursday, March 19	Friday, March 20
<b>Lunch</b> -Popcorn Chicken with Bread -Sub Sandwich -Chef Salad with Roll -PBJ Sandwich Goldfish Crackers Candied Sweet Potatoes Chilled Pears Cold Milk	<b>Lunch</b> -Cheeseburger on Bun -Hot Ham & Cheese Sandwich -Caesar Salad with Ranch Crackers -PBJ Sandwich "Green" Beans Mixed Fruit "Green" Lime Sherbet Cold Milk	<b>Lunch</b> -French Toast Sticks & Sausage with Syrup -Cheesy Stadium Brat on Bun -Chef Salad with Roll -PBJ Sandwich Potato Rounds Applesauce Cold Milk	<b>Lunch</b> -Chicken Noodle Soup with Crackers BBQ Ribette Sandwich -Caesar Salad with Roll -PBJ Sandwich Tossed Romaine Salad Sweet Corn Chilled Peaches Cold Milk	<b>Lunch</b> -Cheese Quesadilla -Fish Nuggets with Bread -Chef Salad with Roll -PBJ Sandwich Baked Beans Fruit Crisp Cold Milk



Monday, March 23	Tuesday, March 24	Wednesday, March 25	Thursday, March 26	Friday, March 27
<b>Lunch</b> -Sausage Pizza -BBQ Grilled Chicken Sandwich -Chef Salad with Roll -PBJ Sandwich Baby Carrots Chilled Pears Cold Milk	<b>Lunch</b> -Hot Dog on Bun -Meatball Sandwich -Caesar Salad with Racing Ranch Goldfish -PBJ Sandwich French Fries Orange Smiles Cold Milk	<b>Lunch</b> -Two Soft Chicken Tacos -Sub Sandwich -Chef Salad with Roll -PBJ Sandwich Refried Beans Mixed Fruit Apple Churro Cold Milk	<b>Lunch</b> -Cheeseburger -Fried Rice with Egg Roll -Caesar Salad with Roll -PBJ Sandwich Steamed Broccoli & Cheese Sweet Raisins Fortune Cookie Cold Milk	<b>Lunch</b> -Shrimp Poppers with Bread -Toasted Cheese Sandwich -Chef Salad with Roll -PBJ Sandwich Sweet Peas Chilled Pineapple Gogurt Yogurt Cold Milk

## HEALTHY SPUDS!



It's easy and fun to make healthy and delicious "french fries" at home. Cut a medium potato (unpeeled) in quarters lengthwise, and then slice each quarter lengthwise into 3 or 4 fries. Toss with a tablespoon or two of olive oil in a zipped gallon bag, spread on a baking sheet (use parchment paper for easier clean up), sprinkle with salt and pepper, and bake at 425 for about 20 minutes or until desired crispness. Use 2 potatoes for every 3 people.

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, March 30	Tuesday, March 31
<b>Lunch</b> -Pepperoni Pizza -Hot Ham and Cheese Sandwich -Chef Salad with Roll -PBJ Sandwich Steamed Carrots Chilled Peaches Cold Milk	<b>Lunch</b> -Breaded Chicken Sandwich -Sloppy Joe Sandwich -Caesar Salad with Roll -PBJ Sandwich Seasoned Green Beans Chilled Pears Cold Milk



Peanut Butter is a fantastic, healthy lunch or snack food that kids love! Look for varieties that contain less sugar. Indeed, there are many brands available now that are 100% peanuts -- or perhaps just peanuts with a dash of salt -- and no added sugar at all! Excellent Peanut Butter delivery methods include celery stalks and 100% whole wheat bread or crackers.