Breakfast
- Egg Patty & Biscuits/Jelly
- Fruit Juice
- Pineapple Chunks

Lunch
- Chicken Fajita Soup
- Homemade Grilled Cheese
- Steamed Broccoli
- Whole Wheat Crackers
- Pineapple Chunks

Breakfast
- Southern Style Grits & Toast/w/Jelly
- Sausage Link
- Fruit Juice
- Fresh Apple Slices

Lunch
- Nachos-Taco Meat
- Nacho Cheese Sauce
- Salsa
- Salad with Dressing
- Fun Dip Apples

Breakfast
- Glazed Donut
- Fruit Juice
- Tropical Fruit

Lunch
- Chicken & Sausage Gumbo
- Steamed Brown Rice
- Fresh Potato Salad
- Whole Wheat Crackers
- Tropical Fruit

Crazy Condiments!

“Condiments” are foods that you put on other foods, like the popular condiments pictured below. Of these four, three contain almost no fat and one contains pretty much nothing BUT fat. Do you know which of these condiments is not like the others?

Daylight Saving Time was first proposed by Benjamin Franklin in 1784, as a way to save money on candles!

Spring forward on March 8

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/foodpyramid.html
<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, March 9</td>
<td>Southern Style Grits Sausage Link</td>
<td>BBQ Ribbett on Bun Baked Beans Fresh Potato Salad Creamy Coleslaw Pineapple Tidbits Hot Fresh Baked Roll</td>
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<tr>
<td></td>
<td>Fruit Juice</td>
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<tr>
<td>Tuesday, March 9</td>
<td>Mini Pancakes Fruit Juice</td>
<td>Chicken Tenders Cheese Potatoes Steamed Broccoli Hot Fresh Baked Roll Fresh Apple Slices</td>
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<td></td>
<td>Fresh Apple Slices</td>
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</tr>
<tr>
<td>Wednesday, March 10</td>
<td>Sausage Biscuit w/Jelly Fruit Juice Chilled Peaches</td>
<td>Jambalaya Steamed Cabbage Candied Yams Hot Fresh Baked French Bread Chilled Peaches</td>
</tr>
<tr>
<td>Thursday, March 12</td>
<td>Ham/Egg/Cheese Croissant w/Jelly Fruit Juice Fresh Orange Wedges</td>
<td>Taco Soup Tortilla Chips Shredded Cheese Salad w/dressing Royal Brownie Fresh Orange Wedges</td>
</tr>
<tr>
<td>Friday, March 13</td>
<td>Iced Cinnamon Swirl Fruit Juice Applesauce</td>
<td>Macaroni/Beef/Cheese Casserole Seasoned Green Beans Marinated Tomatoes Hot Fresh Baked Roll Flavored Applesauce</td>
</tr>
<tr>
<td>Monday, March 16</td>
<td>Canadian Bacon &amp; Egg Biscuit w/Jelly Fruit Juice Fresh Orange Wedges</td>
<td>Cherry Blossom Chicken Steamed Brown Rice Egg Roll Vegetable Blend Fresh Orange Wedges</td>
</tr>
<tr>
<td>Tuesday, March 17</td>
<td>Eggstravaganza &amp; Toast w/Jelly Fruit Juice Fresh Apple Slices</td>
<td>Nachos-Taco Meat Nacho Cheese Sauce Salsa Salad with Dressing Fun Dip Apples</td>
</tr>
<tr>
<td>Wednesday, March 18</td>
<td>Maple Pancake on Stick with Syrup Fruit Juice Chilled Peas</td>
<td>Oven Fried Chicken Mashed Potatoes/Gravy Green Peas Chilled Pears Hot Fresh Baked Roll</td>
</tr>
<tr>
<td>Thursday, March 19</td>
<td>Mini Sausage Patty on Bun Fruit Juice Banana</td>
<td>Chicken Soft Taco Shredded Cheese Cup Salsa Refried Beans Steamed Broccoli Salad w/Dressing Banana</td>
</tr>
<tr>
<td>Friday, March 20</td>
<td>Breakfast Pizza Fruit Juice Fruit Cocktail</td>
<td>Crunchy Fish Sticks Macaroni &amp; Cheese Buttered Corn Marinated Tomatoes Fruit Cocktail</td>
</tr>
<tr>
<td>Monday, March 23</td>
<td>Chicken Waffle Bites Biscuit w/Jelly Fruit Juice Chilled Pears</td>
<td>Salisbury Steak Mashed Potatoes/Gravy Broccoli &amp; Cheese Chilled Pears Hot Fresh Baked Roll</td>
</tr>
<tr>
<td>Tuesday, March 24</td>
<td>French Toast Sticks w/Syrup Fruit Juice Fresh Sliced Apples</td>
<td>Hamburger on Bun Seasoned French Fries Baked Beans Lettuce/Tomato/Pickle Fresh Apple Slices</td>
</tr>
<tr>
<td>Wednesday, March 25</td>
<td>Canadian Bacon &amp; Egg Biscuit w/Jelly Fruit Juice Pineapple Tidbits</td>
<td>Italian Spaghetti &amp; Meat Sauce Seasoned Green Beans Texas Toast (Garlic) Fresh Orange Wedges</td>
</tr>
<tr>
<td>Thursday, March 26</td>
<td>Tangi Waffle Slider w/Syrup Fruit Juice Pineapple Tidbits</td>
<td>Louisiana Style Red Beans &amp; Rice Mustard Greens Marinated Cucumbers Hot Baked Apples Fresh Baked Cornbread</td>
</tr>
<tr>
<td>Friday, March 27</td>
<td>Pop Tarts Fruit Juice Chilled Fruit Cocktail</td>
<td>Sloppy Joe on Bun Tasty Tots Baby Carrots with Ranch Dressing Chilled Fruit Cocktail</td>
</tr>
<tr>
<td>Monday, March 30</td>
<td>Egg Patty &amp; Biscuits/Jelly Fruit Juice Pineapple Chunks</td>
<td>Chicken Fajita Soup Homemade Grilled Cheese Sandwich Steamed Broccoli Whole Wheat Crackers Pineapple Chunks</td>
</tr>
<tr>
<td>Tuesday, March 31</td>
<td>Southern Style Grits &amp; Toast w/Jelly Sausage Link Fruit Juice Fresh Apple Slices</td>
<td>Nachos-Taco Meat Nacho Cheese Sauce Salsa Salad with Dressing Fun Dip Apples</td>
</tr>
</tbody>
</table>
5-12 Grade Sandwich Line Menu

Monday, March 2
Spicy Chicken on Bun
Lettuce/Tomato/Pickle
Seasoned French Fries

Tuesday, March 3
Deep Dish Pizza
Pizza Dipping Sauce

Wednesday, March 4
BBQ Ribbet
Seasoned French Fries

Thursday, March 5
Hamburger on Bun
Lettuce/Tomato/Pickle
Seasoned French Fries

Friday, March 6
Ham & Cheese Melt
Chips

Monday, March 9
Deep Dish Pizza
Pizza Dipping Sauce

Tuesday, March 10
Hamburger on Bun
Lettuce/Tomato/Pickle
Seasoned French Fries

Wednesday, March 11
Spicy Chicken on Bun
Lettuce/Tomato/Pickle Chips

Thursday, March 12
Turkey & Cheese Wrap
Chips

Friday, March 13
Fish Sandwich
Lettuce/Tomato/Pickle
Seasoned French Fries

Monday, March 16
Hamburger on Bun
Lettuce/Tomato/Pickle Chips

Tuesday, March 17
Spicy Chicken on Bun
Lettuce/Tomato/Pickle
Seasoned French Fries

Wednesday, March 18
Meatball Sub
Chips

Thursday, March 19
Deep Dish Pizza
Pizza Dipping Sauce

Friday, March 20
Breaded Chicken
Sandwich
Lettuce/Tomato/Pickle
Seasoned French Fries

Monday, March 23
Spicy Chicken on Bun
Lettuce/Tomato/Pickle
Seasoned French Fries

Tuesday, March 24
Deep Dish Pizza
Pizza Dipping Sauce

Wednesday, March 25
Cheeseburger on Bun
Lettuce/Tomato/Pickle
Seasoned French Fries

Thursday, March 26
Texas Western BBQ
Sandwich
Chips

Friday, March 27
Shrimp Poppers on
Bun
Lettuce/Tomato/Pickle

Monday, March 30
Spicy Chicken on Bun
Lettuce/Tomato/Pickle
Seasoned French Fries

Tuesday, March 31
BBQ Ribbet
Seasoned French Fries

9-12 Grade Salad Line Menu Available on Tuesday's & Thursday's

Tuesday, March 3
Popcorn Chicken Salad with Croutons

Thursday, March 5
Taco Salad with Tortilla Chips

Tuesday, March 10
Shrimp Popper Salad with Crackers

Thursday, March 12
Chef Salad with Croutons

Tuesday, March 17
Popcorn Chicken Salad with Croutons

Thursday, March 19
Taco Salad with Tortilla Chips

Tuesday, March 24
Spicy Chicken Salad with Crackers

Thursday, March 26
Chef Salad with Croutons

Tuesday, March 31
Popcorn Chicken Salad with Croutons

Word of the Month

trust

n. 1. the trait of believing in the honesty and reliability of others
2. confidence or faith in someone or something
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We are now hiring Food Service Workers to help feed our students healthy meals

Here are just a few benefits of the job:
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- Great hours - be off when your kids are off
- Holidays off
- Nights & Weekends off
- Summers off
- Easy commute - work at a school close to home
- Opportunity for advancement
- Learn new skills
- Work with awesome co-workers

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