




*Healthy tip of the month -

Breakfast Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. **Make Half Your Plate Fruits and Vegetables** Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. **Watch Portion Sizes** Get out the measuring cups and see how close your portions are to the recommended serving size. **Fix Healthy Snacks** Healthy snacks can sustain your energy levels between meals. **Get Cooking** Preparing foods at home can be healthy, rewarding and cost-effective. **Drink More Water** Quench your thirst by drinking water instead of sugary drinks. **Cut Back on Added Sugars** Foods and drinks with added sugars can contribute empty calories and little or no nutrition. **Be Active** Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time.

Christa McAuliffe - Lunch Menu – March 2019

		Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every lunch.	P					1 Cheese Pizza Cucumbers Salad Sidekick	2
Menu subject to change.							
Lunch \$3.25	3	4	5	6	7	8	9
Breads/Buns are whole grain rich.	F	Nachos Black Beans Lettuce/ Tomatoes Orange	Hot Dog Green beans Potato Cubes Hot Apple	Breaded Chicken Sandwich Hot Carrots Spiral Potato Mandarin Orange	Chicken Alfredo Broccoli Salad Apple Roll	Cheese Pizza Cucumbers Salad Sidekick	
	10	11	12	13	14	15	16
	L	Chicken Nuggets Sweet Potato Fries White beans Salad Orange	French Toast Sausage Potato Cubes Cucumbers Apple Juice Syrup	Chicken Alfredo Broccoli Salad Peaches Roll	Cheese Pizza Cucumbers Salad Sidekick	Professional Duty Day	
	17						23
	24 / 31	25	26	27	28	29	30
B		Corn dog Green Beans Potato Cubes Hot Apple	Cheeseburger Corn Sweet Potato Mandarin Orange	Tacos Black beans Lettuce Tomatoes Orange	Pasta With Meat sauce Salad Apple Roll	Cheese Pizza Salad Cucumbers Sidekick	



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