

March 2019

1% Low-fat Milk
&
Chocolate
Milk offered with
Breakfast and
Lunch



Friday, March 1

A-Mini Tacos
B-Chicken Quesadilla
Tortilla Chips (9-12)
Red Peppers
Spicy Pinto Beans
Fruit

Monday, March 4

A-Mini Meatball Sub
B-Turkey on Pretzel Bun
Ranch Potato Wedges
Tossed Salad
Fruit

Tuesday, March 5

A- Chicken
Drumstick
B-Philly Sub
Hearth Dinner Roll WG
Baked Beans
Creamy Coleslaw
Fruit

Wednesday, March 6

A-Yummy Sloppy Joe on
bun
B-Beef Stroganoff w/
WG Rotini
Cherry Tomatoes
Seasoned Peas
Fruit

Thursday, March 7

A- Chicken & Waffles
B-Irish Nachos
Fresh Baby Carrots
Sassy Sweet Potatoes
Fruit

Friday, March 8

A-Mini Pancakes
Sausage Patty
B-Chicken Strips w/ WG
Small Biscuit
Wax Beans
Hash Brown Patty
Fruit

Monday, March 11

A-BBQ Pork Rib on a Bun
B- Twisted BBQ Nachos
Romaine Lettuce
& Tomato Slice
Sweet Potato Puffs
Fruit

Tuesday, March 12

A-Corn Dog
B-Sub Bar
Orange Glazed Carrots
Broccoli Florets
Royal Brownie 912
Fruit

Wednesday, March 13

A-Chicken Soft Shell Taco
B-Walking Taco
Tortilla Chips (9-12)
Black Bean & Corn Salsa
Refried Beans
Fruit

Thursday, March 14

A-Cowboy Cavatini
B-Crispito
Whole Wheat Roll 9-12
Seasoned Corn
Italian Vegetables
Fruit

Friday, March 15



Monday, March 18

A-Hamburger on a Bun
B-Turkey & Cheese Wrap
Romaine Lettuce
Tomato Slice
Oven Fries
Pasta Salad 9-12
Fruit

Tuesday, March 19

A-Wranglers Chili
B-Grilled Chicken
Cornbread Muffin
Red Bell Pepper Strips
Tomato & Corn Salad
Fruit

Wednesday, March 20

A-Chicken Nuggets
B-Homemade Salisbury
Steak
WG Roll
Mashed Potatoes
& Gravy
Steamed Broccoli, Fruit

Thursday, March 21

A-Baked Ham
B-Popping Chicken Bowl
Whole Grain Biscuit
Apple Glazed
Sweet Potatoes
Bean Salad
Fruit

Friday, March 22

A-Mac & Cheese and
Meatballs
B-Mini Corndogs
Sunshine Garden Salad
Catalina Veggies
Honey Apple Crisp (9-12)
Fruit

Monday, March 25

A-Hot Ham & Cheese
on a Bun
B-General Tso Chix w/rice
Monaco Blend Veggies
Broccoli Salad
Cherry Crisp 9-12
Fruit

Tuesday, March 26

A-Fish Sticks
B-Baked Potato Bar
WW Roll
Calico Beans
Cherry Tomatoes
Fruit

Wednesday, March 27

A- Hard Shell Beef Tacos
B-Chicken Caesar Wrap
Tortilla Chips (9-12)
Romaine & Tomato
Mexican Corn
Fruit

Thursday, March 28

A-Lasagna
Garlic Bread
B-Baked Chicken Drumstick
Garden Salad
Steamed Cauliflower
Berry Bar 9-12
Fruit

Friday, March 29

A-Chicken Patty on bun
B-Sliders
Au gratin Potatoes
Green Beans
Fruit

Food Bytes

School Breakfast Starts Your Engines

Did you wake up to school breakfast this morning? Do you know that breakfast can help you in school? Breakfast is brain fuel!

Breakfast is the most important meal of the day because it...

- Strengthens the brain
- Helps establish healthy eating habits
- Offers an opportunity to try new foods
- Improves mood and behavior
- Gives you energy
- Keeps you healthy.

With all these benefits, why wouldn't you eat breakfast?

Try school breakfast. Most schools offer breakfast each school day including a choice of entrée, fruit or 100% juice, and low fat or fat free milk. All students can participate.

March 4-8 is National School Breakfast Week (NSBW). The #NSBW2019 theme is "School Breakfast—Start Your Engines". It reminds everyone how school breakfast provides a healthy, energizing start to a day of learning. Fit, healthy students are ready to learn.

Menus are subject to change.

Spoon River Valley CUSD #4 35265 N IL Hwy 97 London Mills, IL 61544

This institution is an equal opportunity provider.

March

- National Nutrition Month
- National Agriculture Day (March 19)
- National School Breakfast Week (March 4-8)