

**Monday, March 14**

**Breakfast**  
Pancakes w/ Syrup  
Sausage Patty OR  
Assorted Cereal and  
Buttered Toast  
Assorted Juice

**Lunch**  
Chicken Nuggets  
Mashed Potatoes  
Vegetable  
W/W Roll  
Fruit

**Tuesday, March 15**

**Breakfast**  
Scrambled Eggs w/  
Cheese Grits OR  
Assorted Cereal and  
Buttered Toast  
Assorted Juice

**Lunch**  
Ham and Cheese Sub  
Baked Potato Wedges  
Fruit

**Wed., March 16**

**Breakfast**  
Ham and Cheese Biscuit  
Potato Tots OR  
Assorted Cereal and  
Buttered Toast  
Assorted Juice

**Lunch**  
Country Fried Steak  
Rice w/ Gravy  
Mixed Vegetables  
Apple Crisp

**Thursday, March 17**

**Breakfast**  
Waffle w/ Syrup  
Sausage Patty OR  
Assorted Cereal and  
Buttered Toast  
Assorted Juice

**Lunch**  
Cheese Burger  
French Fries  
Mixed Fruit Cup

**Friday, March 18**

**Breakfast**  
Sausage and Egg Biscuit  
Potato Tots OR  
Assorted Cereal and  
Buttered Toast  
Assorted Juice

**Lunch**  
Pepperoni Pizza  
Garden Salad  
Fresh Fruit



EXPLORING THE SECRETS OF "MY PYRAMID"



**A:** The Pyramid Puzzler is "going green" to honor St. Patrick's Day and to remind you to eat lots of fruits and veggies - green ones, sure, but also red, orange, yellow, purple, and every other color! According to MyPyramid.gov, kids should eat 1½-2 cups of fruit a day and 2-3 cups of vegetables. Next month, we'll give you some examples of serving sizes, but for now - GO FOR THE GREENS!

LEARN MORE AT [WWW.MYPYRAMID.GOV](http://WWW.MYPYRAMID.GOV) OR [WWW.KIDSHEALTH.ORG/KID/STAY\\_HEALTHY/](http://WWW.KIDSHEALTH.ORG/KID/STAY_HEALTHY/)

**S P R I N G  
B R E A K**

Break begins at the end of classes:  
**Friday, March 18**

Classes resume:  
**Monday, March 28**

**E N J O Y**

**Monday, March 28**

**Breakfast**  
Sausage Gravy and Biscuit  
OR Assorted Cereal and  
Buttered Toast  
Assorted Juice

**Lunch**  
Grilled Chicken Breast w/  
Lemon Butter Seasoning  
Buttered Rice  
Vegetable  
Fruit  
W/W Roll

**Tuesday, March 29**

**Breakfast**  
W/W Pancakes w/ Syrup  
Linked Sausage OR  
Assorted Cereal and  
Buttered Toast  
Assorted Juice

**Lunch**  
Turkey Pot Pie w/ Biscuit  
Vegetable  
Fruit

**Wed., March 30**

**Breakfast**  
Scrambled Eggs w/ Grits  
Sweet Potato Muffin OR  
Assorted Cereal and  
Buttered Toast  
Assorted Juice

**Lunch**  
Chicken Parmesan w/ Pasta  
Vegetable  
Fruit  
Garlic Bread Stick

**Thursday, March 31**

**Breakfast**  
Ham and Cheese Biscuit  
Potato Tots OR  
Assorted Cereal and  
Buttered Toast  
Assorted Juice

**Lunch**  
Beef Vegetable Soup  
Cheese Sandwich  
Cinnamon Roll  
Fruit

**★ OUR NATION'S HISTORY ★**

**F**our women have served on the U. S. Supreme Court, and three of them - Ruth Bader Ginsburg, Sonia Sotomayor, and Elena Kagan - are serving now. The first female Supreme Court Justice (pictured here) was appointed by President Ronald Reagan in 1981 and served 25 years until her retirement in 2006. Her name? We're not going to tell you! We want you to look it up on your own for Women's History Month, which takes place in March.

**★ WITH LIBERTY & JUSTICE FOR ALL ★**