

MARCH MENU MADNESS

2011

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrim-

ination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Blountstown Elementary School



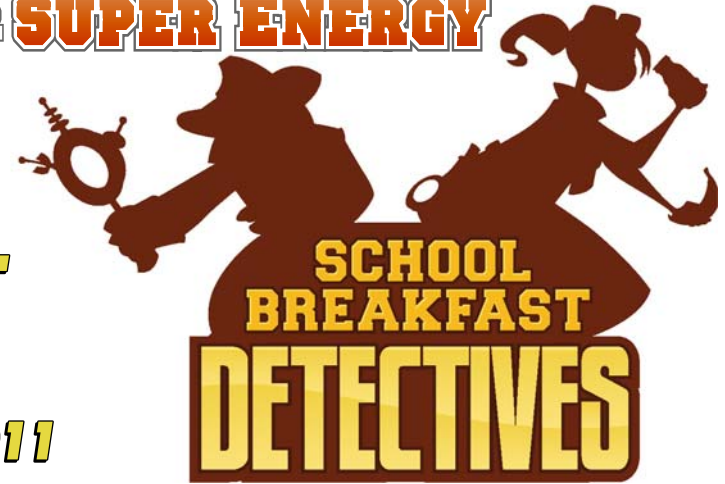
Grapes are a great snack fruit – they keep well and travel well, and kids (of all ages) eat 'em up. Scientists now tell us that grapes are loaded with a substance called "ellagic acid," which helps the body fight off production of cancer cells. The skin of red grapes also slows the buildup of bad LDL cholesterol.

A TASTY MORSEL FOR PARENTS

THE SEARCH FOR SUPER ENERGY

NATIONAL SCHOOL BREAKFAST WEEK

MARCH 7-11, 2011



Tuesday, March 1

Breakfast

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

Lunch

Spaghetti w/ Meat Sauce
Garlic Bread Stick
Garden Salad
Gruit

Wed., March 2

Breakfast

Scrambled Eggs and Cheese Grits OR Assorted Cereal and Buttered Toast Assorted Juice

Lunch

Lima Beans and Ham
Vegetable
Corn Bread
Fruit

Thursday, March 3

Breakfast

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

Lunch

Chicken Tetrizzini
Broccoli/Cauliflower
Polanise
W/W Roll
Fruit

Friday, March 4

Breakfast

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

Lunch

Pepperoni Pizza
Garden Salad
Fresh Fruit

Like to read?



Don't keep it under your hat!

March 2 is Dr. Seuss's Birthday & "Read Across America" Day

Word of the Month

grat·i·tude

n. 1. the state of being grateful 2. a feeling of appreciation for benefits received 3. Thankfulness

Monday, March 7

Breakfast

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

Lunch

Hot Dog
Mac and Cheese
Vegetable
Flavored Apple Sauce

Tuesday, March 8

Breakfast

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

Lunch

Chili con Carne w/ Beans
Grilled Cheese Sandwich
Carrot Sticks
Peach Cup

Wed., March 9

Breakfast

French Toast Sticks w/ Syrup
Linked Sausage OR Assorted Cereal and Buttered Toast Assorted Juice

Lunch

Oven Fried Chicken
Rice w/ Gravy
Green Beans
Apple Crisp

Thursday, March 10

Breakfast

Cheese Grits & Ham Cubes
Sweet Potato Muffin OR Assorted Cereal and Buttered Toast Assorted Juice

Lunch

Spaghetti w/ Meat Sauce
Green Beans
Garlic Bread Stick
Mixed Fruit

Friday, March 11

Breakfast

Sausage Gravy
Biscuit OR Assorted Cereal and Buttered Toast Assorted Juice

Lunch

Cheese Pizza
Garden Salad
Fresh Fruit
Home Baked Cookie

DON'T FORGET TO SPRING FORWARD ON MARCH 13!

