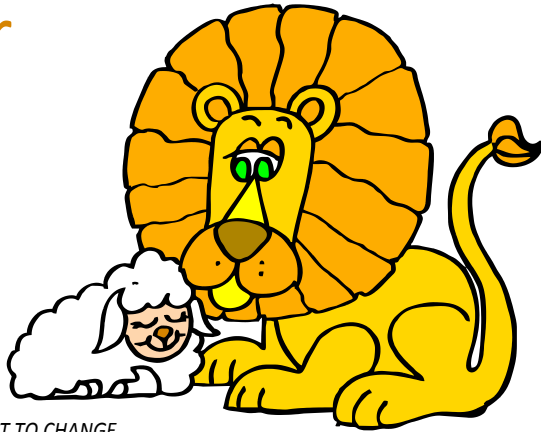


"March comes in like a lion and goes out like a lamb!"

Menus for March

Coatesville Area School District
ELEMENTARY



MENU SUBJECT TO CHANGE

Monday, March 2

Breakfast

Muffin Assortment
Peach Cup
100% Apple Juice
Milk Variety

Lunch

Max Cheese Sticks w/
Marinara
Dipping Sauce
or Egg Salad Sandwich
Steamed Broccoli
Baby Carrots w/Dip

Tuesday, March 3

Breakfast

Mini Cinnis
Fresh Apple Slices
100% Orange Juice
Milk Variety

Lunch

Popcorn Chicken w/
WG Dinner Roll
or Bologna & Cheese
on WG Roll
Glazed Carrots
Celery Sticks w/Dip

available

BREAKFAST ALTERNATIVES
Cereal Bar or Cereal Assortment w/String Cheese or Yogurt (Select One)
Served with Fruit, Juice & Milk Variety

LUNCH ALTERNATIVES
Monday, Wednesday & Friday-PBJ W/Cheese Stick
Tuesday & Thursday-Yogurt Delight
(Yogurt, Cheese Stick, Graham Crackers)
All of The Above Served w/Fruit, Veggie & Choice Of Milk

Wednesday, March 4

Breakfast

Breakfast Wrap
Pear Cup
100% Fruit Punch
Milk Variety

Lunch

French Toast Sticks w/
Sausage & Syrup Cup
or Turkey & Cheese
Wrap
Hash Brown Potatoes
Sliced Cucumbers w/

Thursday, March 5

Breakfast

Mini Waffles
Raisins
100% Grape Juice
Milk Variety

Lunch

Taco
or Chef Salad w/WG
Dinner Roll & Crackers
Refried Beans
Baby Carrots w/Dip
Fresh Apple Slices

Friday, March 6

Breakfast

Mini Bagels w/Cream
Cheese
Fresh Banana
100% Apple Juice
Milk Variety

Lunch

4x6 Cheese Pizza
Salad w/Turkey &
Cheese w/WG Dinner
Roll & Crackers
Green Beans



Choose at least
ONE serving of FRUIT
and at least
THREE items TOTAL
so your meal counts as
a Complete Breakfast!

Featuring Healthy Fruits & Grains!

BREAKFAST @SCHOOL
For first-class learning!

Monday, March 9

Breakfast

Muffin Assortment
Pear Cup
100% Grape Juice
Milk Variety

Lunch

Toasted Cheese
Sandwich
or Tuna Salad on WG
Roll
Baby Carrots w/Dip
Caesar Salad

Tuesday, March 10

Breakfast

Fruitel Selection
Fresh Grapes
100% Orange Juice
Milk Variety

Lunch

Chicken Patty
Sandwich
or Ham & Cheese
Wrap
Sweet Potato Puffs
Celery Sticks w/Ranch

Make the Grade
with SCHOOL BREAKFAST



Join us for National
School Breakfast Week
March 2-6, 2015

Wednesday, March

Breakfast

Pop-Tart Assortment
Mandarin Oranges
Cup
100% Fruit Punch
Milk Variety

Lunch

Meatball Sandwich
or Bologna & Cheese
on WG Roll
Spiral French Fries
Sliced Cucumber w/

Thursday, March 12

Breakfast

Mini Pancakes
Peach Cup
100% Apple Juice
Milk Variety

Lunch

Ham & Cheese
Hoagie or
Turkey & Cheese
Hoagie
or Salad w/Ham &
Cheese &
WG Dinner Roll &

Friday, March 13

Breakfast

Mini Bagels w/Cream
Cheese
Fresh Apple Slices
100% Grape Juice
Milk Variety

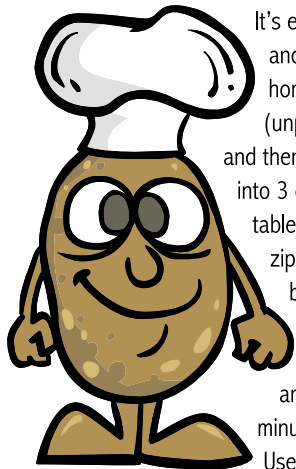
Lunch

Fish Sticks
or Chef Salad w/
Dinner Roll & Crackers
Garden Salad
Celery Sticks w/Ranch



What's on YOUR plate?

HEALTHY SPUDS!



It's easy and fun to make healthy and delicious "french fries" at home. Cut a medium potato (unpeeled) in quarters lengthwise, and then slice each quarter lengthwise into 3 or 4 fries. Toss with a tablespoon or two of olive oil in a zipped gallon bag, spread on a baking sheet (use parchment paper for easier clean up), sprinkle with salt and pepper, and bake at 425 for about 20 minutes or until desired crispness. Use 2 potatoes for every 3 people.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, March 16

Breakfast
Muffin Assortment
Peach Cup
100% Apple Juice
Milk Variety

Lunch
Lasagna Rollups w/
Tomato Sauce
& Breadstick
or Fruit, Cheese &
Crackers
Baby Carrots w/Dip

Tuesday, March 17

Breakfast
Mini Cinnis
Fresh Apple Slices
100% Orange Juice
Milk Variety

Happy St. Patrick's Day Lunch
Chicken Tenders w/
WG Dinner Roll
or Bologna & Cheese
on WG Roll

Get out your Ghillies!

Traditional Irish dancers wear colorful outfits and either hard dance shoes ("jig shoes") or soft dance shoes ("ghillies").



March 17
St. Patrick's Day

Wednesday, March 18

Breakfast
Breakfast Wrap
Pear Cup
100% Fruit Punch
Milk Variety

Lunch
EARLY DISMISSAL

No Lunch Today

Thursday, March 19

Breakfast
Mini Waffles
Raisins
100% Grape Juice
Milk Variety

Lunch
NACHOS or
Chicken Caesar Salad
w/WG Roll
Refried Beans
Baby Carrots w/Dip
Fresh Apple Slices

Friday, March 20

Breakfast
Mini Bagels w/Cream
Cheese
Fresh Banana
100% Apple Juice
Milk Variety

Lunch
Personal Pizza or
Salad w/Turkey &
Cheese w/WG Dinner
Roll & Crackers
Baby Carrots w/Dip

Monday, March 23

Breakfast
Muffin Assortment
Pear Cup
100% Grape Juice
Milk Variety

Lunch
Cheese Quesadilla
or Tuna Salad on WG
Roll
Seasoned Corn
Baby Carrots w/Dip
Fresh Grapes

Tuesday, March 24

Breakfast
Frudel Selection
Fresh Grapes
100% Orange Juice
Milk Variety

Lunch
Chicken Nuggets w/
WG Dinner Roll
Ham & Cheese Wrap
Sweet Potato Fries
Celery Sticks w/Ranch
Dip

Wednesday, March 25

Breakfast
Pop-Tart Assortment
Mandarin Orange Cup
100% Fruit Punch
Milk Variety

Lunch
Weenie Wink w/
Goldfish Crackers
or Bologna & Cheese
on WG
Baked Beans
Sliced Cucumbers w/

Thursday, March 26

Breakfast
Mini Pancakes
Peach Cup
100% Apple Juice
Milk Variety

Lunch
Baked Ziti
or Salad w/Tuna Salad
w/WG Dinner Roll &
Crackers
Baby Carrots w/Dip
Caesar Salad

Friday, March 27

Breakfast
Mini Bagels w/Cream
Cheese
Fresh Apple Slices
100% Grape Juice
Milk Variety

Lunch
Cheese Pizza Wedge
or Salad w/Ham &
Cheese w/WG Dinner
Roll & Crackers
Garden Salad

NUTRITION TO GO

Peanut Butter is a fantastic, healthy lunch or snack food that kids love! Look for varieties that contain less sugar. Indeed, there are many brands available now that are 100% peanuts -- or perhaps just peanuts with a dash of salt -- and no added sugar at all! Excellent Peanut Butter delivery methods include celery stalks and 100% whole wheat bread or crackers.

A TASTY MORSEL FOR PARENTS

Monday, March 30

Breakfast
Muffin Assortment
Peach Cup
100% Apple Juice
Milk Variety

Lunch
Max Cheese Sticks w/
Marinara
Dipping Sauce
or Egg Salad Sandwich
Steamed Broccoli
Baby Carrots w/Dip

Tuesday, March 31

Breakfast
Mini Cinnis
Fresh Apple Slices
100% Orange Juice
Milk Variety

Lunch
Popcorn Chicken w/
WG Dinner Roll
or Bologna & Cheese
on WG Roll
Glazed Carrots
Celery Sticks w/Dip