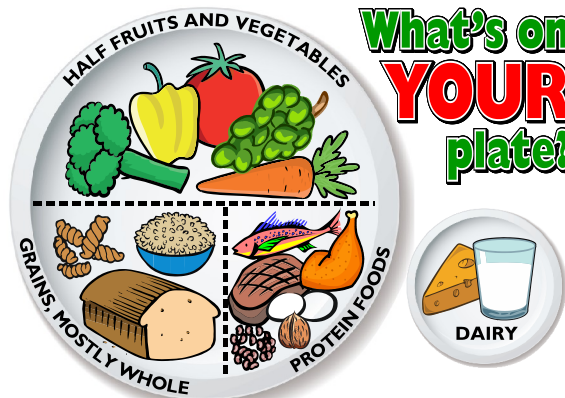




Menus For March 2012

Pitt County Schools

This institution is an equal opportunity provider.



How well do you eat -- on the **WHOLE?**

**DON'T FORGET TO
SPRING
FORWARD
ON MARCH 11!**



Whole grains and the products made from them come in lots of colors, flavors, and textures -- from 100% whole wheat bread to popcorn, from brown rice to barley, from oatmeal to whole grain pasta. Even cookies, muffins, and pancakes can (and should!) be made with half or more whole grain flour. In fact, most of the



grains we eat every day should be whole grains. Why? Well, because whole grains taste great AND because they still contain all of the nutrients, fiber, and vitamins that nature put there!

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

Try school breakfast today!

Other Healthy Breakfast Options:

Assorted Cereals
Cinnamon Bug Bites
Sport Bites
Scooby-Doo Snacks
Giant Goldfish Grahams



**National School Breakfast Week
March 5-9, 2012**

Thursday, March 1

Breakfast
Fresh Orange Wedges
Cereal
Toaster Pastry

Lunch
GRAB & GO
Turkey & Cheese on Bun
Fresh Baby Carrots
w/ Dip
Orange Juice
Reduced Fat Cookie
EARLY RELEASE DAY

Friday, March 2

**TEACHER
WORKDAY**



Monday, March 5

Breakfast
100% Fruit Juice
Breakfast Bagel

Lunch
Oven Roasted Chicken
w/ Wheat Roll
Barbecue on Bun w/ Slaw
Garden Peas
Sweet Potato Soufflé
Banana
Chilled Peaches

Tuesday, March 6

Breakfast
Banana
Mini Cinnis

Lunch
Beefaroni
Fish Nuggets
Baked French Fries
Corn
Broccoli Salad
Fresh Apple Slices
Corn Muffin

Wednesday, March 7

Breakfast
100% Fruit Juice
Cheese Omelet
Biscuit w/ Jelly

Lunch
Ham & Cheese Wrap
Scoopin' Tacos
Pinto Beans
Sweet Potato Wedges
Chilled Fruit Mix
Spiced Apples

Thursday, March 8

Breakfast
Fresh Tangerine Wedges
Cereal
Toaster Pastry

Lunch
Baked Spaghetti
w/ Wheat Breadstick
Chicken Quesadilla w/ Salsa
Steamed Broccoli Florets
w/ Cheese Sauce
Lima Beans
Chilled Pears
Cherry Crisp

Friday, March 9

Breakfast
100% Fruit Juice
Mini French Toast

Lunch
Hot Dog on Bun w/ Chili
Chicken Tenders
w/ Wheat Roll
Quick Baked Potato
Coleslaw
Baked Beans
Chilled Pineapple

Monday, March 12

Breakfast

100% Fruit Juice
Mini Pancakes

Lunch

Chicken & Pastry
w/ Hushpuppies
Teriyaki Beef Dippers
w/ Brown Rice
Collard Greens
Fresh Baby Carrots w/ Dip
Chilled Pineapple
Spiced Apples

Tuesday, March 13

Breakfast

Fresh Apple Slices
Chicken Breakfast Patty
Biscuit

Lunch

Baked Chicken Nuggets
w/ Wheat Roll
Chili w/ Cheese Stick
Steamed Broccoli Florets
Sweet Potato Wedges
Chilled Pears
Chilled Apricots

Wednesday, March 14

Breakfast

100% Fruit Juice
Breakfast Sausage Pizza

Lunch

Chicken Fajita Wrap
Baked Spaghetti
w/ Wheat Breadstick
Green Beans
California Blend Vegetables
w/ Cheese Sauce
Chilled Fruit Mix
Strawberry Cup

Thursday, March 15

Breakfast

Fresh Orange Wedges
Cereal
Toaster Pastry

Lunch

Mac and Cheese
Chicken Filet Sandwich
Garden Peas
Sweet Potato Soufflé
Chilled Peaches
Trail Mix

Friday, March 16

Breakfast

100% Fruit Juice
Cheese Omelet
Biscuit w/ Jelly

Lunch

Baked Mini Corn Dogs
Fish Nuggets
w/ Corn Muffin
Mashed Potatoes
Lima Beans
Chilled Applesauce
Pear Crisp

TASTE EXPLORERS CLUB!

EAT BETTERLIVE HEALTHIER

Dried Banana Chips



- Bananas are the most popular fresh fruit.
- Good source of potassium & fiber
- Your body needs potassium to build muscles and grow.
- Dried fruits are full of nutrients and a quick and easy snack.

TICKLE YOUR TASTEBUDS!

Monday, March 19

Breakfast

100% Fruit Juice
Pancakes & Sausage
on a Stick

Lunch

Pepperoni Pizza
Chicken Filet Sandwich
Baked French Fries
Garden Peas
Chilled Applesauce
Frozen Juice Bar

Tuesday, March 20

Breakfast

Banana
Mini Cinnis

Lunch

Pork Tips in Gravy
w/ Brown Rice
Cheeseburger on Bun
Succotash
Green Beans
Chilled Pineapple
Fresh Tangerine Wedges

Wednesday, March 21

Breakfast

100% Fruit Juice
Breakfast Bagel

Lunch

Baked Mini Corn Dogs
Grilled Cheese Sandwich
Black-eyed Peas
Beef Vegetable
Soup
Cherry Crisp
Banana Chips



Thursday, March 22

Breakfast

Fresh Tangerine Wedges
Cereal
Toaster Pastry

Lunch

GRAB & GO
Smuckers PB&J
Fresh Baby Carrots
w/ Dip
Fresh Orange Slices
Reduced Fat Cookie
EARLY RELEASE DAY

Friday, March 23



Monday, March 26

Breakfast

100% Fruit Juice
Sausage Patty
Biscuit

Lunch

Chicken Tenders
w/ Wheat Breadstick
Quesadilla Cheese Con
Queso w/ Salsa
Sweet Potato Wedges
Pinto Beans
Apple Crisp
Frozen Juice Bar

Tuesday, March 27

Breakfast

Fresh Apple Slices
Mini French Toast

Lunch

Pepperoni Pizza
Chili
w/ Goldfish Crackers
Broccoli w/ Cheese Sauce
Corn
Chilled Pineapple
Fresh Tangerine Wedges

Wednesday, March 28

Breakfast

100% Fruit Juice
Breakfast Sausage Pizza

Lunch

Oven Roasted Chicken
w/ Wheat Roll
Barbecue on Bun w/ Slaw
Garden Peas
Sweet Potato Soufflé
Fresh Apple Slices
Chilled Apricots

Thursday, March 29

Breakfast

Fresh Orange Wedges
Cereal
Toaster Pastry

Lunch

Ham & Cheese Wrap
Scoopin' Tacos
Black-eyed Peas
Baked French Fries
Chilled Peaches
Trail Mix

Friday, March 30

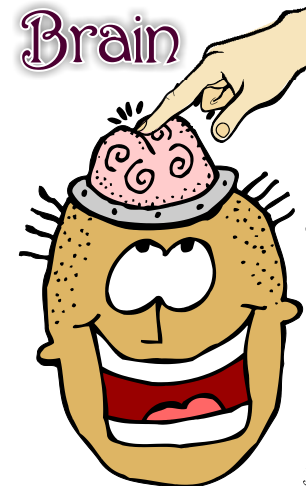
Breakfast

100% Fruit Juice
Mini Pancakes

Lunch

Baked Spaghetti
w/ Wheat Breadstick
Hamburger on Bun
Green Beans
California Blend Vegetables
w/ Cheese Sauce
Jiggly Fruit
Chilled Pears

Brain Ticklers



Why do
people wear
shamrocks on
St. Patrick's
Day?

(Hold the page upside
down and read it in a
mirror for the answer!)

PSA! Rocks are too heavy!