



2018 March



Join us for BREAKFAST , served 7:45-8:10 am Choices may include: cereal, muffins, bagels, or UBR bar, cheese stick or yogurt, and fruit					
All meals are served with 1% or non-fat ice-cold milk					
Monday	Tuesday	Wednesday ** Early Release	Thursday	Friday	FFVP Focus
February 26	27	28	March 1	2	Strawberries
French Bread Pizza, Super Salad, Melon 5	Meaty Soft Taco, Lettuce & Tomato, Beans, Orange Smiles 6	Soup, Salad & Sandwich, Carrots, Apples 7	Chicken Chop Suey, Rice, Mixed Veggies, Grapes 8	Cheesy Hamburger on Bun, Potato Salad, Fruit Mix 9	
Corn Dog, Zesty Red Rice, Garden Salad, Apples 12	Meaty Quesadilla, Lettuce & Tomato, Beans, Melon Slivers 13	Turkey & Cheese Sandwich, Super Salad, Orange Smiles 14	Beefy Mac n' Cheese, Garden Salad, Apple Slices 15	Mrs. Tomasa's Tuna Salad with Chips, Corn, Carrots, Fruit Medley 16	Sharon Fruit
Spring Break - No School					
19	20- 1 st day of spring	21	22	23	
Spring Break - No School					Remember to eat 5-a-day of fruits & veggies
26	27	28	29	30	
Spaghetti Swirls, Garden Salad, Carrots, Apples	Mrs. Tomasa's Frijoles Charros, Tortilla, Orange Quarters	Toasted Cheese Sandwich, Corn Super Salad, Melon	Teriyaki Chicken Bowl w/ Rice & Mixed Veggies, Grapes	Easter Break No School 3/30-4/2	Rainbow Carrots

Bite of the Season: Lemon Spinach

<http://fillyourplate.org/recipes/lemon-spinach.html>

- 2 lb spinach
- 1/2 cup Lemon Juice
- 3 tsp Salt
- 1/8th oz olive oil

Directions-

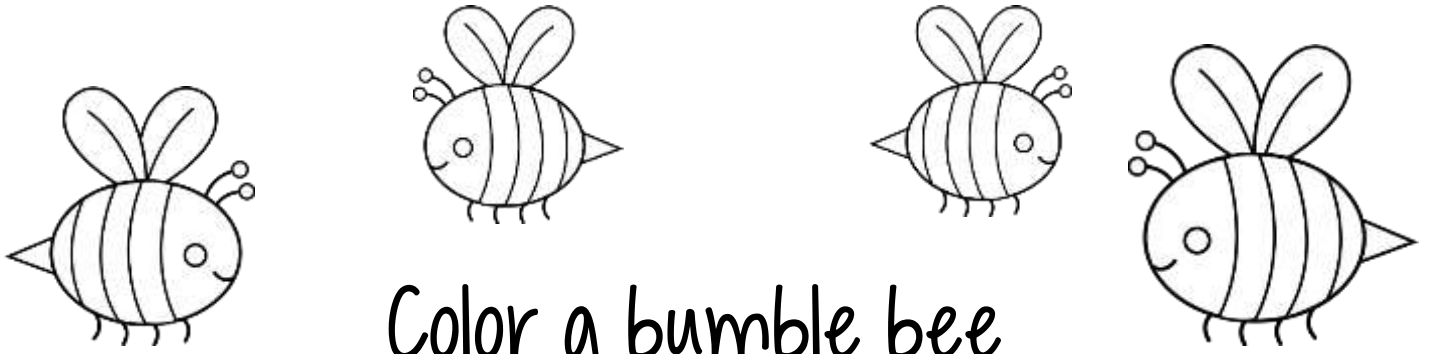
Cook spinach on medium for 10 minutes, add lemon and serve.



Enjoy Locally-Grown crops this month:

- Arugula, Greens, Spinach, Lettuce, Leeks, Cabbage
- Carrots, Broccoli, Green Onion, Radish, Garlic, Beets
- Clementines, Grapefruit, Lemons, Oranges
- Strawberries, Sweet Potatoes, Zucchini Blossoms

This institution is an equal opportunity provider. *Esta institución es un proveedor que ofrece igualdad de oportunidades.*
Food items are subject to availability.



Color a bumble bee

for every 20 minutes

you read over Spring Break

