

# K-8th Menus for March 2019

Garvey School District

This institution is an equal opportunity provider. Menus are subject to change.



Friday, March 1

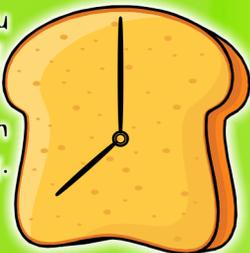
**Breakfast**  
WG Toast, Scrambled Eggs & Hash Browns  
Milk, Juice and Fruit

**Lunch**  
BBQ Beef Rib Patty on WG Bun & Steamed Mixed Vegetables  
Milk and Fruit

**Snack**  
Honey Roasted Sunflower Seeds  
Milk

## OFF THE CLOCK.

A clock can't always tell you when it's time for breakfast! Eat at home, before you start your day. Or eat when you get where you're going. Or eat something mid-morning. Research even suggests kids learn and feel better when they eat TWO smaller healthy breakfasts.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

Monday, March 4

**Breakfast**  
WG Sausage Breakfast Pizza  
Milk, Juice and Fruit

**Lunch**  
WG Stuffed Breadsticks & Marinara Sauce Dipping Cup or Grilled Cheese Sandwich & Steamed Peas & Carrots  
Milk and Fruit

**Snack**  
WG Lemon Dinosaur Grahams  
Milk

Tuesday, March 5

**Breakfast**  
WG Cinnamon Swirls  
Milk, Juice and Fruit

**Lunch**  
Popcorn Chicken Bites & Baked WG Goldfish Snack & Steamed Yellow Corn  
Milk and Fruit

**Snack**  
WG Blueberry Muffin  
Non-Fat Chocolate & 1% Milk

Wednesday, March 6

**Breakfast**  
WG English Muffin & Eggs  
Milk, Juice and Fruit

**Lunch**  
Spicy or Regular Chicken Sandwich on WG Bun & Baked Potato Wedges  
Milk and Fruit

**Snack**  
WG Multigrain Chips  
Wildberry Juice

Thursday, March 7

**Breakfast**  
WG Mini Pancakes  
Milk, Juice and Fruit

**Lunch**  
Turkey & Gravy w/ WG Dinner Roll & Mashed Potatoes  
Milk and Fruit

**Snack**  
WG Oats & Honey Bar  
Non-Fat Chocolate & 1% Milk

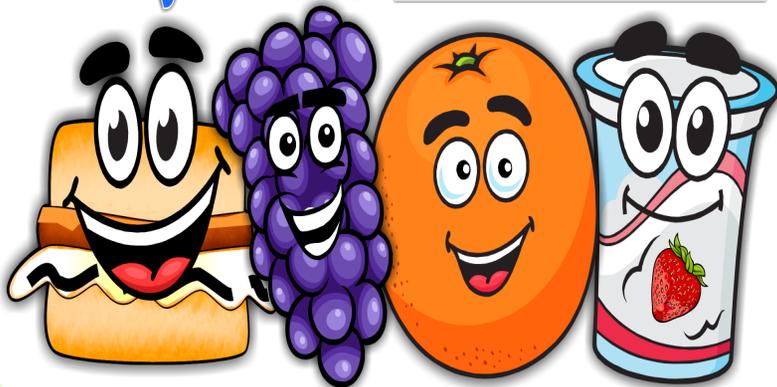
Friday, March 8

**Breakfast**  
WG Breakfast Burrito & Hash Browns  
Milk, Juice and Fruit

**Lunch**  
Cheeseburger Sliders On WG Buns & Steamed Cut Broccoli  
Milk and Fruit

**Snack**  
WG Goldfish Snacks  
Milk

come join us for **Breakfast@School**



Spring Forward



Sunday, March 10

**The original value meal & still a fantastic deal!**

**Breakfast**

**FREE**

**Lunch**

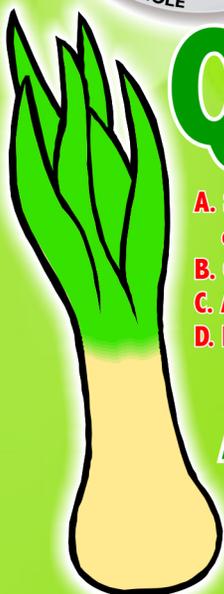
**\$2.75**

PLEASE NOTE: PAID Lunch Price was effective  
FEBRUARY 1, 2019

GSD B.A.D. 01/17/19



# What's on YOUR plate?



## Q: What can you do with a LEEK?!

- A. Stick your finger in it until help comes!
- B. Call a plumber to fix it!
- C. ABANDON SHIP!
- D. None of the above

**A:** The answer is D — none of the above. The other choices are all LEAKS, not LEEKS! Leeks are mild-flavored veggies related to onions that are often used to flavor soups, but can also be enjoyed sliced and sauteed!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**AVAILABLE DAILY**  
**Breakfast**  
Assorted WG Cereal & Choice of Low-Fat Yogurt or String Cheese

**Breakfast & Lunch**  
Assorted Fruits & Vegetables  
At the Salad Bar

WG = Whole Grain

Monday, March 11	Tuesday, March 12	Wednesday, March 13	Thursday, March 14	Friday, March 15
<p><b>Breakfast</b> WG Stuffed Croissant Sandwich Milk, Juice and Fruit</p> <p><b>Lunch</b> Chicken Strips &amp; Baked WG Goldfish Snack &amp; Steamed Green Beans Milk and Fruit</p> <p><b>Snack</b> WG Blueberry Muffin Milk</p>	<p><b>Breakfast</b> WG Breakfast Pizza Bagel Milk, Juice and Fruit</p> <p><b>Lunch</b> Taco Salad &amp; Baked Scoops &amp; Steamed Yellow Corn Milk and Fruit</p> <p><b>Snack</b> WG Bear Grahams Non-Fat Chocolate &amp; 1% Milk</p>	<p><b>Breakfast</b> WG Mini Waffles Milk, Juice and Fruit</p> <p><b>Lunch</b> Hamburger on WG Bun &amp; Steamed Green Peas Milk and Fruit</p> <p><b>Snack</b> WG Scooby-Doo Cracker Sticks Orange Juice</p>	<p><b>Breakfast</b> WG Blueberry or Chocolate Chip Muffin Milk, Juice and Fruit</p> <p><b>Lunch</b> WG Pasta w/ Chicken &amp; Steamed Carrots Milk and Fruit</p> <p><b>Snack</b> WG Baked Flaming Hots Non-Fat Chocolate &amp; 1% Milk</p>	<p><b>No School Today!</b></p> <p>Parent Teacher Conferences</p>

Monday, March 18	Tuesday, March 19	Wednesday, March 20	Thursday, March 21	Friday, March 22
<p><b>Breakfast</b> WG French Toast Sticks Milk, Juice and Fruit</p> <p><b>Lunch</b> Corn Dogs, Hot Dogs or Yogurt Parfait &amp; Steamed Yellow Corn Milk and Fruit</p> <p><b>Snack</b> WG Giant Cinnamon Goldfish Milk</p>	<p><b>Breakfast</b> WG Breakfast Honey Bun Milk, Juice and Fruit</p> <p><b>Lunch</b> Beef Sloppy Joe's on WG Bun &amp; Baked Potato Rounds Milk and Fruit</p> <p><b>Snack</b> WG Cereal Bar Non-Fat Chocolate &amp; 1% Milk</p>	<p><b>Breakfast</b> WG Pan Dulce Concha or Blueberry Muffin Milk, Juice and Fruit</p> <p><b>Lunch</b> Chicken Sandwich on WG Bun &amp; Steamed Carrots Milk and Fruit</p> <p><b>Snack</b> WG Goldfish Snacks Apple Juice</p>	<p><b>Breakfast</b> WG Mini Pancakes Milk, Juice and Fruit</p> <p><b>Lunch</b> Chicken Teriyaki Bowl &amp; Steamed Cut Broccoli Milk and Fruit</p> <p><b>Snack</b> WG Herb Crackers &amp; Cheese Non-Fat Chocolate &amp; 1% Milk</p>	<p><b>Breakfast</b> WG Toast, Scrambled Eggs &amp; Hash Browns Milk, Juice and Fruit</p> <p><b>Lunch</b> BBQ Beef Rib Patty on WG Bun &amp; Mixed Vegetables Milk and Fruit</p> <p><b>Snack</b> Honey Roasted Sunflower Seeds Milk</p>

Monday, March 25	Tuesday, March 26	Wednesday, March 27	Thursday, March 28	Friday, March 29
<p><b>Breakfast</b> WG Sausage Breakfast Pizza Milk, Juice and Fruit</p> <p><b>Lunch</b> WG Stuffed Breadsticks &amp; Marinara Sauce Dipping Cup Or Yogurt Parfait &amp; Steamed Peas &amp; Carrots Milk and Fruit</p> <p><b>Snack</b> WG Lemon Dinosaur Grahams Milk</p>	<p><b>Breakfast</b> WG Cinnamon Swirls Milk, Juice and Fruit</p> <p><b>Lunch</b> Popcorn Chicken Bites &amp; Baked WG Goldfish Snack &amp; Steamed Yellow Corn Milk and Fruit</p> <p><b>Snack</b> WG Blueberry Muffin Non-Fat Chocolate &amp; 1% Milk</p>	<p><b>Breakfast</b> WG English Muffin &amp; Eggs Milk, Juice and Fruit</p> <p><b>Lunch</b> Chicken Sandwich on WG Bun &amp; Steamed Green Beans Milk and Fruit</p> <p><b>Snack</b> WG Cheez-Its Wildberry Juice</p>	<p><b>Breakfast</b> WG Mini Pancakes Milk, Juice and Fruit</p> <p><b>Lunch</b> Baked Chicken Drumsticks w/ WG Dinner Roll &amp; Mashed Potatoes Milk and Fruit</p> <p><b>Snack</b> WG Scooby-Doo Cracker Sticks Non-Fat Chocolate &amp; 1% Milk</p>	<p><b>Breakfast</b> WG Breakfast Burrito &amp; Hash Browns Milk, Juice and Fruit</p> <p><b>Lunch</b> WG Cheese Quesadilla or Yogurt Parfait &amp; Steamed Cut Broccoli Milk and Fruit</p> <p><b>Snack</b> WG Goldfish Snacks Milk</p>