



Menus For March 2012

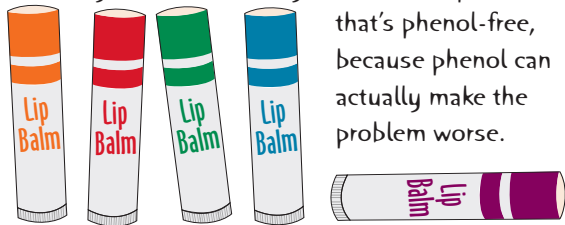
Marion County Elementary Schools

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National School Breakfast Week
March 5-9, 2012

BALMY DAYS AHEAD.

When your lips are chapped, you feel the pain -- and that's true even as the days grow warmer. But choose your stick carefully. Look for a lip balm that's phenol-free, because phenol can actually make the problem worse.



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

Monday, March 5

Daily Breakfast Special
Go For The Gold
NEW Apple Fruite **NEW**
Cereal w/Cheese Stick
Super Donut

LUNCH
Entree - Please Select One
Cheeseburger w/Pickles
Cheese Quesadilla

Sides - Please Select Two
Corn on the Cobb
Rosy Applesauce
Fresh Assorted Fruit

Thursday, March 8

Daily Breakfast Special
Believe In Yourself
Yogurt & Fruit Parfait
Cereal w/Cheese Stick
Super Donut

LUNCH
Entree - Please Select One
Spaghetti
Garlic Bread Stick
Grilled Chicken on a Bun

Sides - Please Select Two
Tossed Garden Salad
5 Blend Mixed Vegetables
Diced Pears

Tuesday, March 6

Daily Breakfast Special
Be Your Best start your day with a
Yogurt & Fruit Parfait
Cereal w/Cheese Stick
Super Donut

LUNCH
Entree - Please Select One
Teriyaki Chicken
Steamed Rice
Ham & Cheese on a Bun

Sides - Please Select Two
Oriental Vegetables
100% Juice
Mandarin Oranges

PARENTS:
For your convenience and peace of mind, you can pay for meals online at mymarionfdir.marion.k12.fl.us/Parent or call 352-671-4194 for more information.

Wednesday, March 7

Daily Breakfast Special
"Why fit in when you were born to stand out?" -- Dr. Seuss
Yogurt & Fruit Parfait
Cereal w/Cheese Stick
Super Donut

LUNCH
Entree - Please Select
Chicken Nuggets, Dinner Roll
PB&J Uncrustables

Sides - Please Select Two
Sweet Potato Fries
Pineapple Tidbits, 100% Juice

Early Release Day

Friday, March 9

Daily Breakfast Special
Grow Strong, Eat Breakfast
NEW Chicken Biscuit **NEW**
Cereal w/Cheese Stick
Super Donut

LUNCH
Entree - Please Select One
Stuffed Crust Pizza
Hot Dog

Sides - Please Select Two
Green Beans
Mixed Fruit
Fresh Assorted Fruit

Thursday, March 1

Daily Breakfast Special
Yogurt & Fruit Parfait
Cereal w/Cheese Stick
Super Donut

LUNCH
Entree - Please Select One
Salisbury Steak
Southern Style Biscuit
Chicken Patty on a Bun

Sides - Please Select Two
Mashed Potatoes & Gravy
Seasoned Peas
Fresh Assorted Fruit

Like to read?
Don't keep it under your hat!

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

Friday, March 2

Daily Breakfast Special
French Toast Sticks
Cereal w/Cheese Stick
Super Donut

LUNCH
Entree - Please Select One
One Fish, Two Fish, Red Fish, Blue Fish (Fish Stars)
Fox In Socks (Pizza Dippers w/Marinara Sauce)

Sides - Please Select Two
Hop on Pop Liter Tots
Vertile the Turtle
Green Applesauce
Oranges & Bananas
Happy Birthday to You! Treat

NUTRITION TO GO
Your body stores calories that it doesn't burn right away as fat. Converting carbohydrate calories into fat requires some energy -- 100 excess carb calories store as only 75 or so calories worth of fat. Fat calories, however, are already fat, so their conversion requires little energy. 100 calories from dietary fat store as about 97 calories worth of body fat.

A TASTY MORSEL FOR PARENTS

Available Daily

Breakfast: Choice of Daily Special (listed on each day's menu) or assorted reduced-sugar cereal, **PLUS** low-fat cheese snacks, fresh or canned fruit, assorted 100% fruit juices, and low-fat or skim milk.

Lunch: Choice of two entrees (listed on each day's menu) **PLUS** choice of 2 side items, an "Extra" when offered **AND** low-fat or skim milk. We also offer PB&J Uncrustables as a daily lunch choice at all locations.

Nutrition Information:
In Marion County, we're serious about good nutrition -- our full-time Registered Dietitian plans all of our menus! An asterisk (*) on the menu indicates a Turkey item. All cheese products and milk choices are reduced-fat or fat-free.

Complimentary for all Students

Lunch

\$1.60 Elementary Student Lunch
\$2.75 Adult Lunch

We provide free and reduced-price lunches (\$.40) for eligible students. Please call your school for details.

Marion County Public Schools
Where Every Child Can Learn

Monday, March 12

Daily Breakfast Special
 Breakfast Pizza
 Cereal w/Cheese Stick
 Super Donut

LUNCH
Entree – Please Select One
 Ravioli
 Garlic Breadstick
 Rib BBQ Sandwich

Sides –Please Select Two
 Broccoli
 Pineapple Tidbits
 Fresh Assorted Fruit

Tuesday, March 13

Daily Breakfast Special
 Yogurt & Fruit Parfait
 Cereal w/Cheese Stick
 Super Donut

LUNCH
Entree – Please Select One
 Chicken Tenders
 Southern Style Biscuit
"Haw I Am" Chef Salad Meal

Sides –Please Select Two
 Green Beans
 Mandarin Oranges
 100% Juice

Wednesday, March 14

Daily Breakfast Special
 Yogurt & Fruit Parfait
 Cereal w/Cheese Stick
 Super Donut

LUNCH
Entree – Please Select One
 Meatball Sub
 Yogurt, Cheese & Fruit Meal

Sides –Please Select Two
 Mixed Vegetables
 Diced Pears
 Fresh Grapes

Thursday, March 15

Daily Breakfast Special
 Yogurt & Fruit Parfait
 Cereal w/Cheese Stick
 Super Donut

LUNCH
Entree – Please Select One
 Chicken Fajitas
 Extreme Burrito

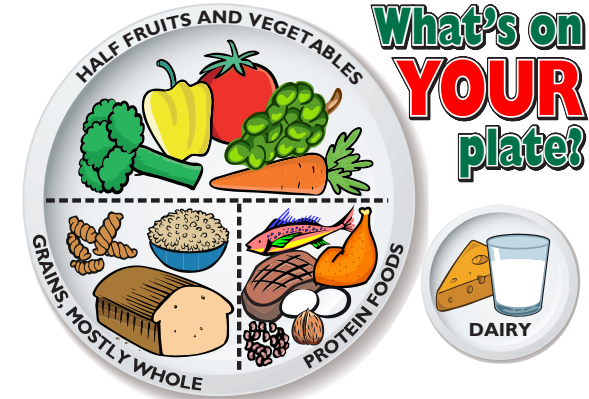
Sides –Please Select Two
 Sante Fe Black Beans & Rice
 Tossed Garden Salad
 Mixed Fruit

Friday, March 16

Daily Breakfast Special
 Pancake on a Stick
 Cereal w/Cheese Stick
 Super Donut

LUNCH
Entree – Please Select One
 Cheesy Garlic Flatbread Pizza
 Teriyaki Beef Dippers
 Dinner Roll

Sides –Please Select Two
 Seasoned Corn
 Green Lantern Applesauce
 100% Juice



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

Whole grains and the products 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

NO WORRIES

last day of classes: **Friday, March 16** classes resume: **Monday, March 26**

SPRING BREAK



Monday, March 26

Daily Breakfast Special
 Bagelfuls
 Cereal w/Cheese Stick
 Super Donut

LUNCH
Entree – Please Select One
 Chicken Nuggets
 Dinner Roll
 Grilled Cheese Sandwich

Sides –Please Select Two
 California Mix
 Potato Stars
 Mixed Fruit

Tuesday, March 27

Daily Breakfast Special
 Yogurt & Fruit Parfait
 Cereal w/Cheese Stick
 Super Donut

LUNCH
Entree – Please Select One
 Beefaroni
 Garlic Stick
 Turkey & Cheese Sub

Sides –Please Select Two
 Green Beans
 Applesauce
 Fresh Assorted Fruit

Extra
 Lettuce & Pickle

rethinkthe drink

Water hydrates without calories or artificial sweeteners, so it's the perfect beverage choice. But throw-away water bottles are a major source of pollution. So why not keep a reusable water bottle at school to fill at lunch and throughout the school day? We always have fresh, pure water available for students, so why not dive in?

Wednesday, March 28

Daily Breakfast Special
 Yogurt & Fruit Parfait
 Cereal w/Cheese Stick
 Super Donut

LUNCH
Entree – Please Select One
 BBQ Pork Sandwich
 Popcorn Chicken Salad Meal

Sides –Please Select Two
 Peas & Carrots
 Diced Pears
 100% Fruit Juice

Thursday, March 29

Daily Breakfast Special
 Yogurt & Fruit Parfait
 Cereal w/Cheese Stick
 Super Donut

LUNCH
Entree – Please Select One
 Cheesy Beef Nachos
 Lettuce, Tomato & Cheese Cup
 Chicken Ranch Wrap

Sides –Please Select Two
 Black Beans & Sweet Corn
 Diced Pineapple
 Fresh Assorted Fruit

Friday, March 30

Daily Breakfast Special
 Breakfast Bun
 Cereal w/Cheese Stick
 Super Donut

LUNCH
Entree – Please Select One
 Pizza Wedge
 Cheeseburger w/Pickles

Sides –Please Select Two
 Sweet Potato Fries
 Diced Peaches
 100% Fruit Juice