

uring the month that we celebrate
St. Patrick's Day, it's interesting to
note that an Irish-born architect
(James Hoban) designed and oversaw the
building of the White House in Washington, D.C.
-- not just once, but twice! Hoban first built the
original White House in the 1790's, and he then
rebuilt it after the British burned out the building
during the War of 1812, as pictured here.

HISTORY

 W_{ITH}

AVAILABLE DAILY

Nonfat White Milk

Low-fat Milk

*Menu item may

contain pork

LIBERTY

JUSTICE

FOR

 A_{L1}



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

NEWPORT NEWS CHILD NUTRITION SERVICES

Monday, March 4

Breakfast

Asst. Mini Pancakes Juice Milk

<u>Lunch</u>

Hamburger/Cheeseburger on Bun Green Peas Fresh Fruit Milk

Tuesday, March 5

Breakfast

Waffle Sandwich Apple Slices Milk

Lunch

Pretzel Dog Baby Carrots Strawberry Cup Milk

Wednesday, March 6

Breakfast

Waffle Envy Cranraisins Milk

Lunch

Spaghetti w/Meat Sauce Green Beans Fresh Fruit Milk

Thursday, March 7

Breakfast

Chicken Biscuit
Apple Slices
Milk

Lunch

Breakfast for Lunch*
Hash Browns
Spiced Apples
Milk

Friday, March I

Breakfast

Blueberry Muffin Applesauce Milk

Lunch

Chicken Patty on Bun French Fries Pear Cup Milk

SWEET TOOTH

The Honey Badger of Africa and Asia is really closer to a weasel than a true badger, but one thing about its name is definitely true: the honey badger loves honey and will avidly seek out beehives to get at it. Of course, the honey badger will also eat pretty much anything it finds -- rodents, frogs, snakes, insects, turtles, birds, lizards, eggs, vegetables, and whatever else it comes across. They've even been known to chase away young lions and steal their kills. Guess the honey badger really doesn't care!

Friday, March 8

Schools Closed

Teacher Planning Day



ANIMAL APPETITES

Monday, March II

Breakfast

Banana Bread luice Milk

Lunch

Beef Sliders Mixed Vegetables Fresh Fruit Milk

Breakfast

Sausage on Bun* Apple Slices Milk

Tuesday, March 12

Lunch

Pizza Ouesadilla Green Beans Peach Cup Milk

Wednesday, March 13

Breakfast

Asst. Mini Pancakes Cranraisins Milk

Lunch

Garlic French Bread Corn Fresh Fruit Milk

Thursday, March 14

Breakfast

Egg & Cheese Sandwich Apple Slices Milk

Lunch

Corndog Nuggets **Baked Beans** Mandarin Orange Cup Milk

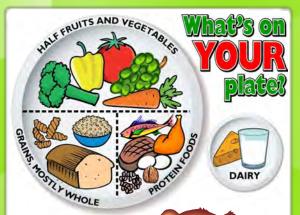
Friday, March 15

Breakfast

Blueberry Muffin Applesauce Milk

Lunch

Popcorn Chicken **Emoticon Potatoes** Strawberry Cup Milk



What did the **Teddy Bear** say when he was offered

dessert

"No. thanks. I'm stuffed!" Actually, that's not a bad answer for a real kid, too. Foods that are mainly sugar, fat, or oil -- like candy and desserts -- are fine in small portions and once in awhile. But they should not replace healthy foods in your diet and they should not be an every day choice!

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

Monday, March 18

Breakfast

Asst. Mini Pancakes luice Milk

Lunch

Turkey & Cheese Anytimer Sweet Potato Waffle Fries Applesauce Cup Milk

Tuesday, March 19

Breakfast

Waffle Sandwich Apple Slices Milk

Lunch

Mozzarella Cheese Sticks Green Beans Fresh Fruit Milk

Wednesday, March 20

Breakfast

Waffle Envy Cranraisins Milk

Lunch

Chicken & Waffles Roasted Butternut Squash Mixed Fruit Cup Milk

Thursday, March 21

Breakfast

Chicken Biscuit **Apple Slices** Milk

Lunch

Nachos w/Chili & Cheese w/Roll Steamed Cabbage Fresh Fruit Milk

Friday, March 22

Breakfast

Blueberry Muffin **Applesauce** Milk

Lunch

Chicken Patty on Bun French Fries Pear Cup Milk

Monday, March 25

Breakfast

Banana Bread luice Milk

Lunch

Hamburger/Cheeseburger On Bun Green Peas Fresh Fruit Milk

Tuesday, March 26

Breakfast

Sausage on Bun* **Apple Slices** Milk

Lunch

Pretzel Dog **Baby Carrots** Strawberry Cup Milk

Wednesday, March 27

Breakfast

Asst. Mini Pancakes Cranraisins Milk

Lunch

Spaghetti w/Meat Sauce Green Beans Fresh Fruit Milk

Thursday, March 28

Breakfast

Egg & Cheese Sandwich **Apple Slices** Milk

Lunch

Breakfast for Lunch* Hash Browns Spiced Apples Milk

Friday, March 29

Breakfast

Blueberry Muffin Applesauce Milk

Lunch

Grab and Go

NUTRITION TOGO

Turns out Grandma was right: chicken soup IS good for a cold! Chicken soup helps to ease cold symptoms by breaking up congestion, keeping you hydrated, and even acting as an anti-inflammatory. The taste and aroma can be therapeutic, too! There's no cure for a cold, but a piping hot bowl of soup can at least offer some relief.

A QUICK BITE FOR PARENTS