**Menus for March 2015**

Newport News Schools Elementary Menu

*USDA is an equal opportunity provider and employer.*

<table>
<thead>
<tr>
<th>Monday, March 2</th>
<th>Tuesday, March 3</th>
<th>Wednesday, March 4</th>
<th>Thursday, March 5</th>
<th>Friday, March 6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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</tr>
<tr>
<td>Sausage Biscuit*</td>
<td>French Toast Sticks Sausage N' Pan cake*</td>
<td>Egg &amp; Cheese on Bun Donut</td>
<td>Yogurt Parfait Mini Pancakes</td>
<td>Chicken Biscuit Benefit Bar</td>
</tr>
<tr>
<td>PB&amp;J Lunch</td>
<td>Pizza* Sloppy Joe PB&amp;J</td>
<td>Spaghetti with Meat sauce Hot Dog</td>
<td>Chicken Patty on Bun Fiestada Pizza</td>
<td>Lunch</td>
</tr>
<tr>
<td>Southwest Chicken Salad</td>
<td>Mac &amp; Cheese w/Fish Sticks</td>
<td>Mozzarella Sticks Teryaki Chicken Bowl Rib-b-que on Bun*</td>
<td>Vegetarian Chili &amp; Chips Chef’s Salad</td>
<td>Hawaiian Chicken Salad</td>
</tr>
<tr>
<td><strong>Choose Two:</strong></td>
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</tr>
<tr>
<td>Garden Salad Corn</td>
<td>Steamed Cabbage Baked Beans</td>
<td>Cherry Tomatoes Broccoli</td>
<td>Green Beans Butternut Squash</td>
<td>French Fries Spinach</td>
</tr>
<tr>
<td><strong>Choose One:</strong></td>
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<td><strong>Choose One:</strong></td>
<td><strong>Choose One:</strong></td>
<td><strong>Choose One:</strong></td>
</tr>
<tr>
<td>Applesauce Fresh Fruit</td>
<td>Sliced Peaches Fresh Fruit</td>
<td>Mixed Fruit Cup Fresh Fruit</td>
<td>Fruit Cup Fresh Fruit</td>
<td>Pears Fresh Fruit</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday, March 9</th>
<th>Tuesday, March 10</th>
<th>Wednesday, March 11</th>
<th>Thursday, March 12</th>
<th>Friday, March 13</th>
</tr>
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<tr>
<td><strong>Breakfast</strong></td>
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<td>Sausage Biscuit*</td>
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<td>Egg &amp; Cheese on Bun Donut</td>
<td>Yogurt Parfait Mini Pancakes</td>
<td>Chicken Biscuit Benefit Bar</td>
</tr>
<tr>
<td>PB&amp;J Lunch</td>
<td>Nachos &amp; Roll Fish Sandwich Mozzarella Sticks Chef’s Salad</td>
<td>Chicken Nuggets Garlic Cheesy Bread Meatball Sub Country Chicken Salad</td>
<td>Breakfast for Lunch* Chicken Patty on Bun Mini Ravioli &amp; Roll Chef’s Salad</td>
<td>Pizza PB&amp;J</td>
</tr>
<tr>
<td>Hamburger/Cheeseburger Chicken Fajita Beef Taco Southwest Chicken Salad</td>
<td>Refried Beans Collard Greens</td>
<td>Garden Salad Broccoli</td>
<td>Spiced Apples Spicy Apple</td>
<td>Totally Taco Max Snax Hawaiian Chicken Salad</td>
</tr>
<tr>
<td><strong>Choose Two:</strong></td>
<td><strong>Choose Two:</strong></td>
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<td><strong>Choose Two:</strong></td>
<td><strong>Choose Two:</strong></td>
</tr>
<tr>
<td>Sweet Potatoes Green Peas</td>
<td>Chilled Pears Fresh Fruit</td>
<td>Spicy Potato Rounds</td>
<td>Chilled Pears Fresh Fruit</td>
<td>Fruit Cup Fresh Fruit</td>
</tr>
</tbody>
</table>
### Monday, March 16
- **Breakfast**
  - Sausage Biscuit*
  - PB&J
- **Lunch**
  - Beef Taco
  - Garden Burger on Bun
  - Chicken Patty on Bun
  - Southwest Chicken Salad
- **Choose Two:**
  - Baked Beans
  - Broccoli
- **Choose One:**
  - Fruit Cup
  - Fresh Fruit

### Tuesday, March 17
- **Breakfast**
  - French Toast Sticks
  - Sausage & Pancakes*
- **Lunch**
  - Macaroni & Cheese & Fish Sticks
  - Corndog
  - Grilled Cheese
  - Chef’s Salad*
- **Choose Two:**
  - Spinach
  - Garden Salad
- **Choose One:**
  - Applesauce
  - Fresh Fruit

### Wednesday, March 18
- **Breakfast**
  - Egg & Cheese Biscuit
  - Donut
- **Lunch**
  - Barbeque on Bun*
  - Garlic Cheesy Bread
  - Yogurt Parfait
  - Country Chicken Salad
- **Choose Two:**
  - Baked Sweet Potato
  - Cole Slaw
- **Choose One:**
  - Sliced Peaches
  - Fresh Fruit

### Thursday, March 19
- **Breakfast**
  - Yogurt Parfait
  - Mini Pancakes
- **Lunch**
  - Baked Chicken & Roll
  - Rib-B-Que on Bun*
  - PB&J
  - Chef’s Salad Salad
- **Choose Two:**
  - Mashed Potatoes & Gravy
  - Green Beans
- **Choose One:**
  - Mixed Fruit Cup
  - Fresh Fruit

### Friday, March 20
- **Breakfast**
  - Chicken Biscuit
  - Benefit Bar
- **Lunch**
  - 1/2 Meat Sub & Yogurt
  - 1/2 Vegetable Sub & Yogurt
  - Pizza Crunchers
  - Hawaiian Chicken Salad
- **Choose Two:**
  - Garden Salad
  - Corn
- **Choose One:**
  - Chilled Pears
  - Fresh Fruit

### Saturday, March 21
- **Breakfast**
  - French Toast Sticks
  - Sausage & Pancakes*
- **Lunch**
  - Macaroni & Cheese & Fish Sticks
  - Corndog
  - Grilled Cheese
  - Chef’s Salad*
- **Choose Two:**
  - Spinach
  - Garden Salad
- **Choose One:**
  - Applesauce
  - Fresh Fruit

### Sunday, March 22
- **Breakfast**
  - Egg & Cheese Biscuit
  - Donut
- **Lunch**
  - Barbeque on Bun*
  - Garlic Cheesy Bread
  - Yogurt Parfait
  - Country Chicken Salad
- **Choose Two:**
  - Baked Sweet Potato
  - Cole Slaw
- **Choose One:**
  - Sliced Peaches
  - Fresh Fruit

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**Available Daily**

- **Breakfast**
  - Cereal/Grahams
  - Fruit/ Juice
- **Lunch**
  - Fresh Fruit
  - Baby Carrots
  - Yogurt, String Cheese & Cheez-its

### Monday, March 30
- **Breakfast**
  - Sausage Biscuit*
  - PB&J
- **Lunch**
  - Mac & Cheese w/Fish Sticks
  - Yogurt Parfait
  - PB&J
  - Southwest Chicken Salad
- **Choose Two:**
  - Garden Salad
  - Corn
- **Choose One:**
  - Applesauce
  - Fresh Fruit

### Tuesday, March 31
- **Breakfast**
  - French Toast Sticks
  - Sausage & Pancakes*
- **Lunch**
  - Mac & Cheese w/Fish Sticks
  - Yogurt Parfait
  - PB&J
  - Southwest Chicken Salad
- **Choose Two:**
  - Garden Salad
  - Corn
- **Choose One:**
  - Sliced Peaches
  - Fresh Fruit

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**Healthy Spuds!**

It’s easy and fun to make healthy and delicious “french fries” at home. Cut a medium potato (unpeeled) in quarters lengthwise, and then slice each quarter lengthwise into 3 or 4 fries. Toss with a tablespoon or two of olive oil in a zipped gallon bag, spread on a baking sheet (use parchment paper for easier clean up), sprinkle with salt and pepper, and bake at 425 for about 20 minutes or until desired crispness. Use 2 potatoes for every 3 people.

Learn more at www.choosemyplate.gov or http://www.kidsshaping.org/kid/stay-healthy/foodpyramid.html

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**Get out your Chililues!**

Traditional Irish dancers wear colorful outfits and either hard dance shoes (“jig shoes”) or soft dance shoes (“ghillies”).

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**March 17 St. Patrick’s Day**