



District Name

# March 2019

## In Season Brussels Sprouts

Brussels sprouts are a good source of fiber, manganese, potassium, choline, and B vitamins

You can steam brussels sprouts and toss them with olive oil, Parmesan cheese, or butter.



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

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CINNAMON  
BUG BITES 1  
6 OZ JUICE

GRAHAM 4  
CRACKERS  
PEANUT BUTTER  
MILK

CEREAL 5  
BAR  
MILK

CHEESE STICK 6  
6 OZ JUICE

YOGURT 7  
FRUIT CUP 6OZ

RITZ BITZ 8  
CRACKERS  
MILK

NO 11  
SCHOOL →

12

SPRING 13  
BREAK

→ 14

NO 15  
SCHOOL

RICE KRISPY 18  
TREAT  
BANANA  
CARROT STICKS

CELERY 19  
STICKS  
PEANUT BUTTER  
4 OZ JUICE

GOLDFISH 20  
CRACKERS  
FRUIT & MILK

NUTRI-GRAIN 21  
BAR  
MILK

CINNAMON BUG 22  
BITES  
6 OZ JUICE

GRAHAM 25  
CRACKERS  
PEANUT BUTTER  
MILK

CEREAL 26  
BAR  
MILK

27  
CHEESE STICK  
6 OZ JUICE

YOGURT 28  
FRUIT CUP 6OZ

RITZ BITZ 29  
CRACKERS  
MILK

### Announcements

### SNACK MENU

### Meal Prices