



March

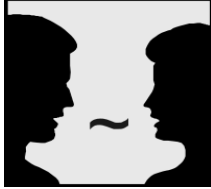


A Complete Lunch is: One Protein/Grain Entrée, 1/2 Cup Fruit, 3/4 Cup Vegetables, and One Half-Pint of Milk
Students may select less food, but must be served at least 1/2 cup of fruit or vegetable with lunch each day.

Unless otherwise noted, pepperoni, ham, sausage, and hot dogs on the elementary menu are made from turkey and do not contain pork.

March 6 - 10 is National School Breakfast Week!

Students who eat breakfast perform better in school, have fewer trips to the nurse, and fewer behavior issues!

HCPS is proud to offer breakfast at no cost to ALL elementary students!

Breakfast in the Classroom		Wednesday 3/1	Thursday 3/2	Friday 3/3
<p>M - Whole Grain Apple Roll T - Yogurt w/ Graham Crackers W - Turkey & Cheese Croissant TH - Muffin w/ String Cheese F - Mini Waffles</p> <p>Daily Fresh Fruit and 100% Fruit/Vegetable Juice Choice of Milk</p>		<p>Select 1 Entrée: Cheese Pizza Chef's Salad w/ Wheat Roll</p> <p>Select up to 2 Veggies and 1 Fruit: Black Beans Raw Veggie Cup Fruit Assortment Milk</p>	<p>Select 1 Entrée: Breaded Chicken Nuggets w/Breadstick Grilled Chicken Salad w/Breadstick Yogurt w/ Granola</p> <p>Select up to 2 Veggies and 1 Fruit: Green Beans Raw Veggie Cup Fruit Assortment Milk</p>	<p>Select 1 Entrée: Soft Shell Taco w/Brown Rice Chef's Salad w/ Wheat Roll Veggie Burger w/Lettuce & Tomato</p> <p>Select up to 2 Veggies and 1 Fruit: Lettuce & Tomato Raw Veggie Cup Fruit Assortment Milk</p>
Monday 3/6	Tuesday 3/7	Wednesday 3/8	Thursday 3/9	Friday 3/10
<p>Select 1 Entrée: Meatball Sub Sandwich Chef's Salad w/ Wheat Roll Veggie Burger w/Lettuce & Tomato</p> <p>Select up to 2 Veggies and 1 Fruit: Baby Limas Raw Veggie Cup Fruit Assortment Milk</p>	<p>Select 1 Entrée: Grilled Cheese Sandwich Grilled Chicken Salad w/Breadstick Hummus Cup w/ String Cheese & Tortilla Scoops</p> <p>Select up to 2 Veggies and 1 Fruit: Tomato Soup Raw Veggie Cup Fruit Assortment Milk</p>	<p>Select 1 Entrée: Cheese Filled Breadsticks w/Sauce Chef's Salad w/ Wheat Roll</p> <p>Select up to 2 Veggies and 1 Fruit: Green Beans Raw Veggie Cup Fruit Assortment Milk</p>	<p>Parent/Teacher Conferences</p>  <p>No School</p>	<p>Staff Collaboration Home Visit Day</p>  <p>No School</p>
Monday 3/13	Tuesday 3/14	Wednesday 3/15	Thursday 3/16	Friday 3/17
<p>Select 1 Entrée: Grilled Chicken Sandwich w/Lettuce & Tomato Chef's Salad w/ Wheat Roll Veggie Burger w/Lettuce & Tomato</p> <p>Select up to 2 Veggies and 1 Fruit: Buttered Peas Raw Veggie Cup Fruit Assortment Milk</p>	<p>Select 1 Entrée: Cheese Filled Pasta Shells w/Texas Toast Grilled Chicken Salad w/Texas Toast Hummus Cup w/ String Cheese & Tortilla Scoops</p> <p>Select up to 2 Veggies and 1 Fruit: Side Salad Raw Veggie Cup Fruit Assortment Milk</p>	<p>Select 1 Entrée: French Bread Cheese Pizza Chef's Salad w/ Wheat Roll</p> <p>Select up to 2 Veggies and 1 Fruit: Green Beans Raw Veggie Cup Fruit Assortment Milk</p>	<p>Select 1 Entrée: Chicken Noodle Soup w/ Crackers Grilled Chicken Salad w/Crackers Yogurt w/ Graham Crackers</p> <p>Select up to 2 Veggies and 1 Fruit: Steamed Broccoli Raw Veggie Cup Fruit Assortment Milk</p>	<p>Select 1 Entrée: Turkey Hot Dog Chef's Salad w/ Wheat Roll Veggie Burger w/Lettuce & Tomato</p> <p>Select up to 2 Veggies and 1 Fruit: Baked Beans Raw Veggie Cup Fruit Assortment Milk - Cookie</p>
Monday 3/20	Tuesday 3/21	Wednesday 3/22	Thursday 3/23	Friday 3/24
<p>Select 1 Entrée: Chicken Filet Sandwich w/Lettuce & Tomato Chef's Salad w/ Wheat Roll Veggie Burger w/Lettuce & Tomato</p> <p>Select up to 2 Veggies and 1 Fruit: Buttered Corn Raw Veggie Cup Fruit Assortment Milk</p>	<p>Select 1 Entrée: Turkey Corn Dog Grilled Chicken Salad w/Breadstick Hummus Cup w/ String Cheese & Sun Chips</p> <p>Select up to 2 Veggies and 1 Fruit: Steamed Broccoli Raw Veggie Cup Fruit Assortment Milk</p>	<p>Select 1 Entrée: Mini Round Cheese Pizza Chef's Salad w/ Wheat Roll</p> <p>Select up to 2 Veggies and 1 Fruit: Buttered Peas Raw Veggie Cup Fruit Assortment Milk</p>	<p>Select 1 Entrée: Cheese Quesadilla Grilled Chicken Salad w/Breadstick Yogurt w/ Granola</p> <p>Select up to 2 Veggies and 1 Fruit: Seasoned Black Beans Raw Veggie Cup Fruit Assortment Milk</p>	<p>Select 1 Entrée: Salisbury Steak w/Wheat Roll Chef's Salad w/Wheat Roll Veggie Burger w/Lettuce & Tomato</p> <p>Select up to 2 Veggies and 1 Fruit: Mashed Potatoes Raw Veggie Cup Fruit Assortment Milk</p>
Monday 3/27	Tuesday 3/28	Wednesday 3/29	Thursday 3/30	Friday 3/31
<p>Select 1 Entrée: Chicken Fajita w/Brown Rice Chef's Salad w/ Wheat Roll Veggie Burger w/Lettuce & Tomato</p> <p>Select up to 2 Veggies and 1 Fruit: Lettuce & Tomato Raw Veggie Cup Fruit Assortment Milk</p>	<p>Select 1 Entrée: Turkey & Cheese Sandwich w/ Lettuce & Tomato Grilled Chicken Salad w/Breadstick Hummus Cup w/ String Cheese & Sun Chips</p> <p>Select up to 2 Veggies and 1 Fruit: Buttered Corn Raw Veggie Cup Fruit Assortment Milk</p>	<p>Select 1 Entrée: Cheese Filled Breadsticks w/Sauce Chef's Salad w/ Wheat Roll</p> <p>Select up to 2 Veggies and 1 Fruit: Side Salad Raw Veggie Cup Fruit Assortment Milk</p>	<p>Select 1 Entrée: Pork BBQ Sandwich Grilled Chicken Salad w/Breadstick Yogurt w/ Graham Crackers</p> <p>Select up to 2 Veggies and 1 Fruit: Baked Beans Raw Veggie Cup Fruit Assortment Milk - Ice Cream Treat!</p>	<p>Teacher Workday</p>  <p>No School</p>
DAILY PRICES		Breakfast - No Charge	Lunch - \$1.80 Reduced Lunch \$.40	Adult Breakfast - \$1.50 Adult Lunch - \$3.00

Nutrition information is available by calling Andrea Early at the School Nutrition Program office 437-3300 or by email at aearly@harrisonburg.k12.va.us

Cash and checks for meal accounts may be sent to school with your student. Please be sure to list your student's meal account number on an envelope or in the check memo field. Funds may be added electronically (for a flat fee of \$2.50 per transaction) by setting up an account at www.myschoolbucks.com. In addition, this system may be used to monitor balances and purchases (at no cost).

Please pay meal charges in a timely manner.

USDA is an equal opportunity provider and employer.