






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.

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!

<p>Breakfast M - Biscuit Sandwich T - Breakfast Pizza W - Pancakes or Waffles Th - Biscuit Sandwich F - Pancake and Sausage Bites or Daily Pick 2 Continental Breakfast</p> <p>Daily Fresh Fruit, 100% Fruit Juice, Choice of Milk</p>		<p>Wednesday 3/1</p> <p>Select 1 Entrée: Steak & Cheese Sub Pizza Selection Salad Bar w/Wheat Roll or Crackers</p> <p>Select up to 2 Veggies and 1 Fruit: Steamed Carrots Raw Veggie Cup Fruit Assortment Milk</p>	<p>Thursday 3/2</p> <p>Select 1 Entrée: Breaded Chicken Nuggets w/Snack Mix Egg Roll w/ Snack Mix Salad Bar w/Wheat Roll or Crackers</p> <p>Select up to 2 Veggies and 1 Fruit: Green Beans Raw Veggie Cup Fruit Assortment Milk</p>	<p>Friday 3/3</p> <p>Select 1 Entrée: Soft Shell Taco Pizza Selection Salad Bar w/Wheat Roll or Crackers</p> <p>Select up to 2 Veggies and 1 Fruit: Black Beans Raw Veggie Cup Fruit Assortment Milk</p>
<p>Monday 3/6</p> <p>Select 1 Entrée: Cheeseburger w/ Lettuce & Tomato Pizza Selection Salad Bar w/Wheat Roll or Crackers</p> <p>Select up to 2 Veggies and 1 Fruit: Baked Beans Raw Veggie Cup Fruit Assortment Milk</p>	<p>Tuesday 3/7</p> <p>Select 1 Entrée: Pancakes w/Frittata Turkey Corn Dog Salad Bar w/Wheat Roll or Crackers</p> <p>Select up to 2 Veggies and 1 Fruit: Seasoned Potatoes Raw Veggie Cup Fruit Assortment Milk</p>	<p>Wednesday 3/8</p> <p>Select 1 Entrée: Spaghetti w/Meat Sauce and Texas Toast Pizza Selection Salad Bar w/Wheat Roll or Crackers</p> <p>Select up to 2 Veggies and 1 Fruit: Peas & Carrots Raw Veggie Cup Fruit Assortment Milk</p>	<p>Thursday 3/9</p> <p>Parent-Teacher Conferences</p>  <p>NO SCHOOL</p>	<p>Friday 3/10</p> <p>Staff Collaboration/ Home Visit Day</p>  <p>NO SCHOOL</p>
<p>Monday 3/13</p> <p>Select 1 Entrée: Chicken Parmesan w/ Wheat Roll Pizza Selection Salad Bar w/Wheat Roll or Crackers</p> <p>Select up to 2 Veggies and 1 Fruit: Buttered Corn Raw Veggie Cup Fruit Assortment Milk</p>	<p>Tuesday 3/14</p> <p>Select 1 Entrée: Cheese Filled Pasta Shells w/Breadstick Sloppy Joe Sandwich Salad Bar w/Wheat Roll or Crackers</p> <p>Select up to 2 Veggies and 1 Fruit: Side Salad Raw Veggie Cup Fruit Assortment Milk</p>	<p>Wednesday 3/15</p> <p>Select 1 Entrée: Fish Taco w/Lettuce & Tomato Pizza Selection Salad Bar w/Wheat Roll or Crackers</p> <p>Select up to 2 Veggies and 1 Fruit: Green Beans Raw Veggie Cup Fruit Assortment Milk</p>	<p>Thursday 3/16</p> <p>Select 1 Entrée: Turkey Hot Dog Turkey Pepperoni Stromboli Salad Bar w/Wheat Roll or Crackers</p> <p>Select up to 2 Veggies and 1 Fruit: Steamed Carrots Raw Veggie Cup Fruit Assortment Milk</p>	<p>Friday 3/17</p> <p>Select 1 Entrée: Pork BBQ Sliders Pizza Selection Salad Bar w/Wheat Roll or Crackers</p> <p>Select up to 2 Veggies and 1 Fruit: Baked Beans Raw Veggie Cup Fruit Assortment Milk - Cookie</p>
<p>Monday 3/20</p> <p>Select 1 Entrée: Macaroni & Cheese w/ Biscuit Pizza Selection Salad Bar w/Wheat Roll or Crackers</p> <p>Select up to 2 Veggies and 1 Fruit: Steamed Broccoli Raw Veggie Cup Fruit Assortment Milk</p>	<p>Tuesday 3/21</p> <p>Select 1 Entrée: Chicken Fillet Sandwich/Lettuce & Tomato Nachos Bar Salad Bar w/Wheat Roll or Crackers</p> <p>Select up to 2 Veggies and 1 Fruit: Seasoned Black Beans Raw Veggie Cup Fruit Assortment Milk</p>	<p>Wednesday 3/22</p> <p>Select 1 Entrée: Turkey Corn Dog Bites Pizza Selection Salad Bar w/Wheat Roll or Crackers</p> <p>Select up to 2 Veggies and 1 Fruit: Peas & Carrots Raw Veggie Cup Fruit Assortment Milk</p>	<p>Thursday 3/23</p> <p>Select 1 Entrée: Fruit and Yogurt Parfait Salisbury Steak w/Wheat Roll Salad Bar w/Wheat Roll or Crackers</p> <p>Select up to 2 Veggies and 1 Fruit: Mashed Potatoes Raw Veggie Cup Fruit Assortment Milk</p>	<p>Friday 3/24</p> <p>Select 1 Entrée: Hamburger w/ Lettuce & Tomato Pizza Selection Salad Bar w/Wheat Roll or Crackers</p> <p>Select up to 2 Veggies and 1 Fruit: Side Salad Raw Veggie Cup Fruit Assortment Milk</p>
<p>Monday 3/27</p> <p>Select 1 Entrée: Chicken Fajita w/Brown Rice Pizza Selection Salad Bar w/Wheat Roll or Crackers</p> <p>Select up to 2 Veggies and 1 Fruit: Refried Beans Raw Veggie Cup Fruit Assortment Milk</p>	<p>Tuesday 3/28</p> <p>Select 1 Entrée: Fish Sticks w/Biscuit Pepperoni and Cheese Calzones Salad Bar w/Wheat Roll or Crackers</p> <p>Select up to 2 Veggies and 1 Fruit: Buttered Corn Raw Veggie Cup Fruit Assortment Milk</p>	<p>Wednesday 3/29</p> <p>Select 1 Entrée: Baked Potato Bar w/Breadstick Pizza Selection Salad Bar w/Wheat Roll or Crackers</p> <p>Select up to 2 Veggies and 1 Fruit: Steamed Broccoli Raw Veggie Cup Fruit Assortment Milk</p>	<p>Thursday 3/30</p> <p>Select 1 Entrée: Grilled Cheese Sandwich Pork Rib Sandwich Salad Bar w/Wheat Roll or Crackers</p> <p>Select up to 2 Veggies and 1 Fruit: Tomato Soup Raw Veggie Cup Fruit Assortment Milk</p>	<p>Friday 3/31</p> <p>Teacher Workday</p>  <p>NO SCHOOL</p>
<p>DAILY PRICES</p>		<p>Breakfast - \$.75 Reduced Breakfast - \$.30</p>	<p>Lunch - \$2.00 Reduced Lunch \$.40</p>	<p>Adult Breakfast - \$1.50 Adult Lunch - \$3.00</p>

Menus may change due to availability of products.

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.

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