

MARCH 11 - APRIL 5


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

The "Healthier"  indication on Entrees means <350 cal, <5 g sat. fat, on Soup, Salad, Sides means <250 cal, <5 g sat. fat, on Baked Goods means <230 cal, <5 g fat

Vegetarian Option 
Low Fat Option 
Healthier Option 



Salad Bar and Fresh Fruit
always available for lunch/brunch/dinner.

This institution is an equal opportunity provider. Menu subject to change.

<p>11</p> <p>Breakfast Applesauce or Fresh Fruit Whole Grain Egg & Cheese Biscuit Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Chopped Salad</p> <p>Flatbread Pepperoni Pizza Flatbread Cheese Pizza Veggie Flatbread Pizza </p> <p>Whole Grain Biscuit Roasted Green Beans Diced Peach Cup or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Whole Grain Goldfish Apple Juice</p>	<p>12</p> <p>Breakfast Apple Slices or Fresh Fruit Whole Grain Bagel Whole Grain Cereal, Strawberry Gogurt, 1% Milk or Fat Free Milk</p> <p>Lunch Lemon Greek Chicken Veggie Hummus </p> <p>Brown Rice Tabouli Stir Fried Veggies Fresh Fruit or Fresh Fruit Salad 1% Milk or Fat Free Milk</p> <p>Snack: Whole Grain Pretzel Fish Fruit Cup</p>	<p>13</p> <p>Breakfast Fresh Fruit or Orange Juice Cup Warm Maple French Toast Banana Oat Breakfast Bar Whole Grain Cereal, Fruited Yogurt, 1% Milk or Fat Free Milk</p> <p>Lunch Buffalo Chicken Bites Buffalo Tofu Bites </p> <p>Brown Rice Pilaf Parmesan Zucchini Sticks Tomato Basil Salad Fresh Asian Pear or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: WG Popcorn Apple Slices</p>	<p>14</p> <p>Breakfast Fresh Berries or Fresh Fruit Yogurt Parfait, Whole Grain Pop Tart String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Chicken & Roasted Pepper Quesadilla Cheese Quesadilla </p> <p>Whole Grain Tortilla Roasted Carrots Black Bean & Corn Salad Grapes or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Teddy Grahams Yogurt</p>	<p>15</p> <p>Professional Development Day</p>
<p>18</p> <p>Breakfast Clementine or Fresh Fruit Whole Grain Mini Pancakes Nutrigrain Bar, String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Cantaloupe & Mint Salad</p> <p>BBQ Chicken BBQ Vegan Chicken </p> <p>Barley & Wild Rice Pilaf Baby Peas w/Lemon Fresh Baby Carrots w/Ranch Dressing Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Nutrigrain Cereal Bar, Mandarin Oranges</p>	<p>19</p> <p>Breakfast Apple Juice or Fresh Fruit Whole Grain Blueberry Muffin Strawberry Smoothie Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Sliced Pork or Diced Chicken Vegetable Broth Diced Tofu </p> <p>Whole Grain Spaghetti Noodles Marinated Edamame Chili & Garlic Bok Choy Apple Slices or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Whole Grain Pretzels Apple Juice</p>	<p>20</p> <p>Breakfast Fresh Fruit Whole Grain Toast, Whole Grain Bagel Scrambled Eggs Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Beef or Turkey Hot Dog Grilled Cheese  Tomato Soup</p> <p>Whole Grain Bun Marinated Cucumbers Fresh Watermelon or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Teddy Grahams Fruit Cup</p>	<p>21</p> <p>Breakfast Banana or Fresh Fruit Apple Cinnamon Overnight Oats Pop Tart, String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Blackeyed Pea Salad</p> <p>Chicken Salad Sandwich on Croissant Black Bean Hummus </p> <p>Pita Bread Triangles Whole Grain Bun Fresh Vegetable Crudite Strawberries or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Multigrain Sunchips, Apple</p>	<p>22</p> <p>Breakfast Fresh Pear or Fresh Fruit Bacon, Egg & Cheese Croissant Croissant Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Brazilian Beef Pico de Gallo, Shredded Cheese & Lettuce Spiced Black Beans Entree</p> <p>Whole Grain Brown Rice Baked Plantains Chili Roasted Carrots Cilantro Lime Jicama Slaw Orange Sections or Fresh Fruit 1% Milk or Fat Free Milk</p>
<p>25</p> <p>Breakfast Fresh Fruit or Citrus Fruit Salad Blueberry Waffle Whole Grain Croissant, String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Classic Potato Salad</p> <p>BBQ Pulled Pork or BBQ Chicken Salad Hot Spiced Apples BBQ Vegan Chicken </p> <p>Whole Grain Crust Vegetarian Baked Beans Banana or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Yogurt, Whole Grain Pretzels</p>	<p>26</p> <p>Breakfast Apple Slices or Fresh Fruit Whole Grain Bagel, Gogurt Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Beef Chili or White Chicken Chili  Black Bean & Sweet Potato Chili </p> <p>Whole Grain Tortilla Chips Baked Potato Sweet Skillet Corn Cornbread Cut Melon or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Nutrigrain Cereal Bar Cheese Stick</p>	<p>27</p> <p>Breakfast Fresh Grapes or Fresh Fruit Southwestern Breakfast Burrito Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Fresh Fruit Salad</p> <p>Chicken Curry Chickpea Marsala </p> <p>Brown Rice Pita Bread Triangles Honey Glazed Carrots Sautéed Spinach Banana 1% Milk or Fat Free Milk</p> <p>Snack: Peach Cup, Teddy Grahams</p>	<p>28</p> <p>Breakfast Grapefruit Sections or Fresh Fruit Whole Grain Pop Tart Yogurt Parfait, String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Whole Grain Pasta Salad</p> <p>Chicken Tenders Vegetarian Chicken Nuggets</p> <p>Whole Grain Biscuit Cucumber Sticks w/Ranch Dressing Sweet Potato Fries Applesauce or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Cheezits, Apple Juice</p>	<p>29</p> <p>Breakfast Banana or Fresh Fruit Whole Grain Pancake Chicken Sausage Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Flatbread Pepperoni Pizza Flatbread Cheese Pizza Veggie Burgers </p> <p>Whole Grain Bun Marinated Tomatoes Herb Roasted Carrots Fresh Pears 1% Milk or Fat Free Milk</p>
<p>APR 1</p> <p>Breakfast Red Delicious Apple or Fresh Fruit Ham & Cheese on Whole Grain Croissant Trix Breakfast Bar, String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Swedish Meatballs Vegetarian Meatballs</p> <p>Brown Rice Pilaf  Macaroni & Cheese Jicama & Celery Stick w/Ranch Dressing Spiced Black Beans Fresh Fruit or Grapes 1% Milk or Fat Free Milk</p> <p>Snack: WG Popcorn Peach Cup</p>	<p>2</p> <p>Breakfast Orange Juice Cup or Fresh Fruit Whole Grain Cereal Peach Smoothie Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Teriyaki Chicken Teriyaki Tofu Veggie Grilled Chicken Strips </p> <p>Whole Grain Noodles Fried Brown Rice Fresh Steamed Broccoli Orange Slices or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Sunchips Fruit Juice</p>	<p>3</p> <p>Breakfast Fresh Fruit or Banana Whole Grain Honey Biscuit Banana Bread, Hard Boiled Egg Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Cool Asparagus & Pea Salad</p> <p>Ham & Cheese Sub Lentil Salad </p> <p>Whole Grain Sub Roll  Quinoa Italian Baked Tomato Halves Apple Slices or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Yogurt, Graham Crackers</p>	<p>4</p> <p>Breakfast Banana or Fresh Fruit Whole Grain Pop Tart Blueberry Muffin, String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Lentil Salad</p> <p>Lemon Baked Tilapia Cheese Ravioli in Marinara Sauce </p> <p>Brown Rice Pilaf Roasted Green Beans Fresh Baby Carrots w/Ranch Dressing Fresh Berries or Fresh Fruit 1% Milk or Fat Free Milk</p> <p>Snack: Sliced Apples, Whole Grain Goldfish</p>	<p>5</p> <p>Breakfast Fresh Fruit or Fruit Salad Whole Grain English Muffin w/Egg, Cheese & Turkey Bacon Egg, Cheese & Turkey Bacon Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Chicken Caesar Wrap Hummus & Toasted Veggie Wrap </p> <p>Whole Grain Tortilla Cucumber & Bell Pepper Crudite Roasted Potato Wedges Apple Slices 1% Milk or Fat Free Milk</p>

The name for the shamrock originates from the age-old Irish word "seamrog." This word is translated in some cases to mean "summer plant," which makes sense because white clover is prolific in the summer months. You often see bees all over it. It is said that you may find just one four-leaf clover in a patch of 10,000 normal three-leaf clovers. When you see white clover, why not look through it and see.