

# Menus for March 2016

[Early College Tech]

## March This Months Spotlight

- Red Bliss Potatoes
- Sugar Snap Peas
- Pink Lady Apples
- Minneola Oranges

This month we are celebrating National School Breakfast Week. Did you know by eating breakfast it can help with improvement in school and also accel your athletic capabilities for sports after school.

Another study has shown that students who eat breakfast at school closer to instructional time, rather than at home, perform better on academics.

Along with our lunch entrees we also offer a Grilled Chicken Salad and a Chef Salad

Rotating daily we offer a Sub Sandwich or a Turkey Wrap.

We offer a variety of milks consisting of Chocolate, Strawberry, 1%, and Skim.

### Meal Prices

#### Elementary

##### Reduced Paid

Breakfast	\$ .00	\$1.15
Lunch	\$.40	\$2.55

#### Secondary

##### Reduced Paid

Breakfast	\$ .00	\$1.30
Lunch	\$.40	\$2.65



	Wednesday, March 1	Thursday, March 2	Friday, March 3
	Lasagna Roll Up & Texas Toast Steamed Broccoli Fresh Veggies w/Dip Sliced Strawberries w/Cool Whip Banana	Sloppy Joe Potato Wedges Spinach Salad Fresh Grapes Chilled Peaches	Pizza Dunkers Broccoli w/cheese Garden Salad Applesauce Fresh Fruit



Monday, March 13	Tuesday, March 14	Wednesday, March 15	Thursday, March 16	Friday, March 17
Popcorn Chicken Bowl Green Beans Baby Carrots w/Dip Cherry Mixed Fruit Fresh Apple	Hotdog w/Chili Baked Beans Waffle Fries Garden Salad Chilled Pears Fruit Sorbet	Chicken Tenders Steamed Corn Fresh Veggies w/Dip Sliced Strawberries w/Cool Whip Banana	Philly Steak Sandwich Potato Wedges Spinach Salad Fresh Grapes Chilled Peaches	Pizza Dunkers Broccoli w/cheese Garden Salad Applesauce Fresh Fruit
Monday, March 20	Tuesday, March 21	Wednesday, March 22	Thursday, March 23	Friday, March 24
Beef Nachos Fiesta Beans & Corn Baby Carrots w/Dip Cherry Mixed Fruit Fresh Apple Variety	Chicken Pie w/Roll Mashed Potatoes w/Gravy Garden Salad Chilled Pears Fruit Sorbet	Orange Chicken w/Fried Rice Egg Roll Fresh Veggies w/Dip Sliced Strawberries w/Cool Whip Banana	Hamburger/ Cheeseburger Potato Wedges Spinach Salad Fresh Grapes Chilled Peaches	Meatball Sub Tater Tots Garden Salad Pineapple Tidbits Fresh Fruit
Monday, March 27	Tuesday, March 28	Wednesday, March 29	Thursday, March 30	Friday, March 31
Popcorn Chicken Bowl Green Beans Baby Carrots w/Dip Cherry Mixed Fruit Fresh Apple	Chicken Filet Baked Beans Waffle Fries Garden Salad Chilled Pears Fruit Sorbet	Lasagna Roll Up & Texas Toast Steamed Broccoli Fresh Veggies w/Dip Sliced Strawberries w/Cool Whip Banana	Macaroni & Cheese w/Roll Peas & Carrots Spinach Salad Fresh Grapes Chilled Peaches	Pizza Dunkers Broccoli w/cheese Garden Salad Applesauce Fresh Fruit

## March

- National Nutrition Month
- National Agriculture Day (March 21)
- National School Breakfast Week (March 6-10)

Sources: [www.schoolnutrition.org](http://www.schoolnutrition.org), <http://childnutrition.ncpublicschools.gov>



Developed by School Nutrition Services, N.C. Department of Public Instruction.  
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<http://childnutrition.ncpublicschools.gov>