

# HEAD START MENU

## MARCH 2011

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	1 Pancakes w/ Syrup Turkey Sausage Patty Grape Juice Applesauce Milk	2 <i>Bosco Pizza Roll</i> <i>Celery Sticks w/ Dip</i> <i>Chilled Peaches</i> Milk	3 Meatballs w/ Gravy Mashed Potatoes Seasoned Peas Fresh Banana Milk	4 Mac & cheese Breadstick Toss Salad w/ Ranch Dressing Chilled Mandarin Oranges Milk
7 Soft Shell Taco w/ Meat, Cheese & Salsa Carrot Coins Chilled Mixed Fruit Choice of Milk	8 Hamburger on a Whole Wheat Bun Baked Potato Smiles Fresh Cantaloupe Choice of Milk	9 <i>Bosco Pizza Sticks</i> <i>Toss Salad w/ Low Fat</i> <i>Dressing</i> <i>Chilled Mandarin Oranges</i> Choice of Milk	10 Baked Chicken Patty On a Whole Wheat Bun Vegetable Pasta Salad Fresh Pear Choice of Milk	11 Salisbury Steak w/ Gravy Mashed Potatoes Steamed Broccoli Fresh Breadstick Chilled Peaches Choice of Milk
<b>14</b> <b>CHEESEBURGER ON A</b> <b>WHOLE WHEAT BUN</b> <b>SEASONED PEAS &amp;</b> <b>CARROTS</b> <b>FRESH APPLE</b> <b>MILK</b>	<b>15</b> <b>BAKED RAVIOLI</b> <b>GARLIC BREAD</b> <b>TOSS SALAD W/ LOW</b> <b>FAT DRESSING</b> <b>CHILLED PEARS</b> <b>MILK</b>	<b>16</b> <b>BOSCO STICKS</b> <b>GLAZED CARROTS</b> <b>CHILLED TROPICAL</b> <b>FRUIT</b> <b>MILK</b>	<b>17</b> <b>SOFT SHELL TACOS</b> <b>W/ MEAT &amp; CHEESE</b> <b>RICE &amp; BEANS</b> <b>FRESH BANANA</b> <b>MILK</b>	<b>18</b> <b>MAC &amp; CHEESE</b> <b>SEASONED GREEN</b> <b>BEANS</b> <b>CHILLED PEACHES</b> <b>MILK</b>
21 Soft Shell Taco w/ Meat & Cheese Rice & Beans Chilled Tropical Fruit Choice of Milk	22 Goulash w/ Meat Sauce Garlic Bread Toss Salad Chilled Mandarin Oranges Choice of Milk	23 Cheese Bosco Sticks w/ Marinara Sauce Celery Sticks w/ Low Fat Dressing Fresh Banana Choice of Milk	24 Sweet & Sour Chicken w/ Rice Steamed Broccoli Fresh Breadstick Chilled Peaches Choice of Milk	25 <i>French Toast Sticks w/ Syrup</i> <i>Slice of Ham</i> <i>Chilled Orange Juice</i> <i>Chilled Applesauce</i> Choice of Milk
28 Baked Beef Ravioli Garlic Bread Seasoned Mixed Veggie Chilled Pears Choice of Milk	29 Egg & Cheese Omelet Turkey Sausage Patty English Muffin Apple Juice Fresh Cantaloupe Choice of Milk	30 Pizza Sticks Sliced Cucumbers w/ Dip Fresh Orange Smiles Choice of Milk	31 BBQ Riblet on a Whole Wheat Bun Seasoned Corn Chilled Applesauce Choice of Milk	4/1 Hamburger on a Bun Potato Salad Chilled Peaches Choice of Milk
The school lunch program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, disability or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington D.C. 20250. Food Service provided by Chartwells.				

Jill Kleehammer, Director of Dining Services

Phone: 586-461-3741

**Menu subject to change without notice.**

# Why is breakfast so Important?

A growing body of evidence indicates breakfast is good for your health. Studies show that adults, who eat breakfast, especially a healthy breakfast, are more likely to:

- Consume more vitamins and minerals and less fat and cholesterol during the day
- Have more strength and endurance
- Have better concentration and are more productive throughout the morning
- Control their weight
- Have lower cholesterol, which reduces the risk of heart disease

Breakfast is especially important for children and adolescents. According to the American Dietetic Association, children who eat breakfast are more likely to have better concentration, problem-solving skills and eye-hand coordination. They may also be more alert and creative, and less likely to miss days of school.

Source: [www.mayoclinic.com](http://www.mayoclinic.com)

## School Breakfast Information

**Serving Time:** 7:20AM **Price:** FREE

No advance registration necessary! All students are welcome every day!



### Breakfast Burrito

#### WORD SEARCH

CAN YOU FIND THE WORDS LISTED BELOW?

P	P	M	L	I	S	O	F	S	O
A	Y	E	T	S	N	G	M	H	L
R	C	Y	P	I	C	O	G	K	I
W	G	L	O	P	O	C	E	E	V
R	J	N	A	R	E	L	B	Q	E
E	S	T	H	I	R	R	U	W	S
H	A	S	L	A	S	C	S	A	Y
X	U	T	O	M	A	T	O	E	S
M	A	F	P	Q	C	I	I	D	L
W	K	E	Z	S	P	O	D	O	N

- EGGS
- SALSA
- MUSHROOMS
- OLIVES
- TOMATOES
- WRAP
- ONIONS
- PEPPERS

Answer

P	P	M	L	I	S	O	F	S	O
A	Y	E	T	S	N	G	M	H	L
R	C	Y	P	I	C	O	G	K	I
W	G	L	O	P	O	C	E	E	V
R	J	N	A	R	E	L	B	Q	E
E	S	T	H	I	R	R	U	W	S
H	A	S	L	A	S	C	S	A	Y
X	U	T	O	M	A	T	O	E	S
M	A	F	P	Q	C	I	I	D	L
W	K	E	Z	S	P	O	D	O	N

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