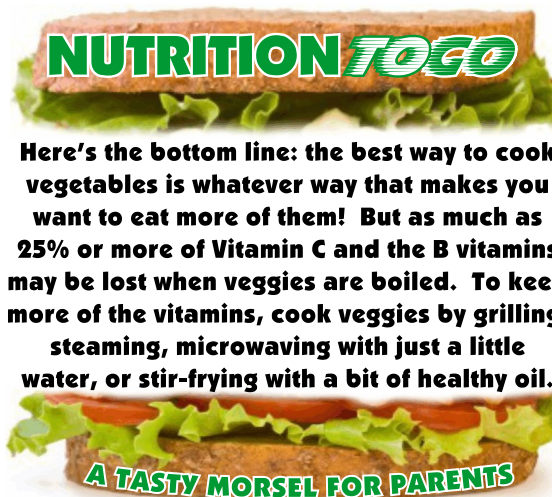


Menus for March 2017

TEMPLE ISD ELEMENTARY MENU

This institution is an equal opportunity provider. Menus are subject to change.



Here's the bottom line: the best way to cook vegetables is whatever way that makes you want to eat more of them! But as much as 25% or more of Vitamin C and the B vitamins may be lost when veggies are boiled. To keep more of the vitamins, cook veggies by grilling, steaming, microwaving with just a little water, or stir-frying with a bit of healthy oil.

OFF THE GRIDDLE.

Eating a healthy breakfast is SO important, we shouldn't let traditional thinking stop us from eating a morning meal. Don't like eggs or juice or bananas or bacon?



Have a piece of ham with fresh veggies on 100% wheat bread. It's still breakfast, we promise!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Parent Information

Daylight Savings is on March 12th

Summer Feeding 2017 begins
June 5th!!

(G) Go - Almost Anytime Foods

(S) Slow - Sometimes Foods

(W) Whoa - Once In A While Foods

School Meal Prices

Elementary Breakfast \$1.20/Lunch \$2.40

Secondary Breakfast \$1.40/Lunch \$2.55

Adult & Guest Breakfast \$2.00/Lunch \$3.60

On Line Payments visit

www.Myschoolbucks.com

Meal Charges

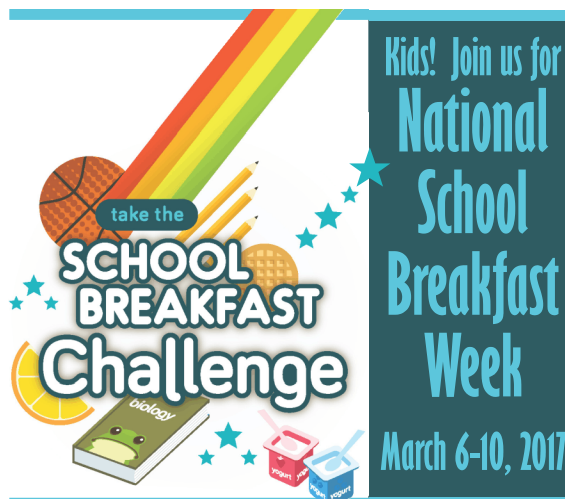
Elementary 3 Charges, Secondary 1 Charge

Universal Breakfast

Universal **Free** Breakfast is offered to all students at:

Garcia, Raye-Allen, Western Hills, Scott, Jefferson,
Meridith-Dunbar Elementary
& Lamar Middle School.

For more information call 254-215-6523.



Wednesday, March 1

Breakfast

Chicken & Toast
Breakfast Pizza
Oatmeal

Lunch

Chicken Burger s
Spicy Chicken Burger s
Grilled Cheese Sandwich s
Tasty Tator Tots W
Baked Beans s
Fresh Grapes G

Thursday, March 2

Breakfast

Mini Pancakes
Ms. Mona's Cinnamon Roll

Lunch

Southern Style Chicken s
BBQ Chicken Wrap s
Mashed Potatoes/Gravy G
Happy Corn s
Mandarin Oranges G

Friday, March 3

Breakfast

Pancake on a Stick
Bagel w/Spread

Lunch

Pepperoni Pizza s
Cheese Pizza s
Tuna Salad Sandwich s
Garden Salad G
Mixed Veggies s
Pineapple Chunks G

Monday, March 6

Breakfast

Oatmeal with Fruit
Breakfast Pizza

Lunch

Chicken Nuggets W
Lunch to Go G
Dinner Roll G
Mashed Potatoes/Gravy G
Seasoned Green Beans s
Chilled Peaches G

Tuesday, March 7

Breakfast

Yogurt & Granola
Breakfast Taco

Lunch

Steak Fingers W
Taco Tuesday s
Cinnamon Rice G
Charro Beans G
Fresh Baby Carrots G
Pineapple Chunks G

Wednesday, March 8

Breakfast

Bagel w/Spread
Breakfast Pizza
Oatmeal

Lunch

Chicken Burger s
Spicy Chicken Burger s
Burger Toppings G
Tasty Tator Tots W
Cucumber Coins G
Fresh Kiwi & Strawberry G

Thursday, March 9

Breakfast

Mini Pancakes
Ms. Mona's Cinnamon Roll

Lunch

Southern Style Chicken s
Grilled Cheese Sandwich s
Mashed Potatoes/Gravy G
Happy Corn s
Baked Beans s
Mandarin Oranges G

Friday, March 10

Breakfast

Pancake on a Stick
Chicken Biscuit

Lunch

Pepperoni Pizza s
Cheese Pizza s
Tuna Salad Sandwich s
Seasoned Baked Potato s
Baked Broccoli s
Fruit Cocktail G

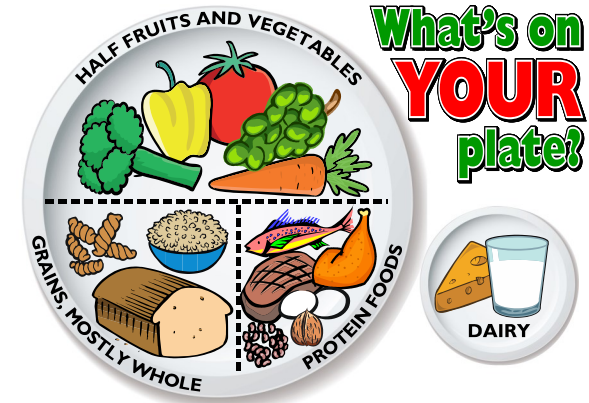
SPRING BREAK!

Break begins at the end of classes:

Friday, March 10

Classes resume:

Monday, March 20



REAL Irish food!

Corned beef and cabbage? Sorry, not really a traditional Irish meal! But here's an easy (and scrumptious) dish to try that IS authentically Irish: "Colcannon." It's usually a combination of mashed potatoes with kale, green onions, and sweet cream butter, and Colcannon is about as Irish as food gets — especially when, as here, it's served with lamb and roasted root vegetables! There's even an old traditional song about this Irish favorite:



*Did you ever eat Colcannon, made from lovely pickled cream?
With the greens and scallions mingled like a picture in a dream.
Did you ever make a hole on top to hold the melting flake
Of the creamy, flavoured butter that your mother used to make?*

Colcannon is easy to make and there are plenty of recipes with all sorts of variations on-line! And besides, how many songs do you know about corned beef and cabbage?!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, March 20

Breakfast
Oatmeal with Fruit
Breakfast Pizza

Lunch
Steak Fingers **W**
Our Chef's Salad **s**
Dinner Roll **G**
Mashed Potatoes/Gravy **G**
Cheesy Broccoli **s**
Applesauce **G**

Tuesday, March 21

Breakfast
Yogurt & Granola
Breakfast Taco

Lunch
Fabulous Frito Pie **s**
Chicken Nugget Wrap **s**
Spanish Style Rice **G**
Carrots & Celery Sticks **G**
Happy Corn **G**
Mandarin Oranges **G**

Wednesday, March 22

Breakfast
Chicken & Toast
Breakfast Pizza
Oatmeal

Lunch
Hamburger/Cheeseburger **s**
Chicken Burger **s**
Burger Toppings **G**
Tasty Tator Tots **W**
Baked Beans **s**
Strawberry Cup **s**

Thursday, March 23

Breakfast
Mini Pancakes
Ms. Mona's Cinnamon Roll

Lunch
Super Spaghetti Casserole **G**
Chicken Nuggets **W**
Garlic Toast **s**
Garden Salad **G**
Mixed Veggies **G**
Chilled Peaches **G**

Friday, March 24

Breakfast
Pancake on a Stick
Bagel w/Spread

Lunch
Pepperoni Pizza **s**
Cheese Pizza **s**
Tuna Salad Sandwich **G**
Garden Salad **G**
Seasoned Green Beans **s**
Pineapple Chunks **G**

Monday, March 27

Breakfast
Oatmeal with Fruit
Breakfast Pizza

Lunch
Chicken Poppers **W**
Grilled Cheese Sandwich **s**
Veggie Soup **G**
Potato Wedges **G**
Sweetheart Pears **s**

Tuesday, March 28

Breakfast
Yogurt & Granola
Breakfast Taco

Lunch
Chili Cheese Nachos **s**
Chicken Nugget Wrap **s**
Spanish Style Rice **G**
Charro Beans **G**
Fresh Baby Carrots **G**
Chilled Peaches **G**

Wednesday, March 29

Breakfast
Chicken & Toast
Bagel w/Spread
Oatmeal

Lunch
Chicken Burger **s**
Spicy Chicken Burger **s**
Burger Toppings **G**
Tasty Tator Tots **W**
Baked Beans **s**
Fresh Grapes **G**

Thursday, March 30

Breakfast
Mini Pancakes
Ms. Mona's Cinnamon Roll

Lunch
Steak Fingers **W**
Chicken Rice Bowl **W**
Dinner Roll **G**
Cheesy Broccoli **s**
Mixed Veggies **G**
Chilled Peaches **G**

Friday, March 31

Breakfast
Pancake on a Stick
Chicken Biscuit

Lunch
Pepperoni Pizza **s**
Cheese Pizza **s**
Tuna Salad Sandwich **G**
Garden Salad **G**
Happy Corn **s**
Pineapple Chunks **G**