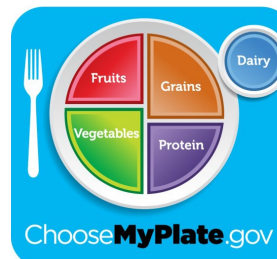




National Nutrition Month

March is National Nutrition Month. The main goal of this campaign is to put an added focus on establishing healthier eating habits for children and adults. Teaching your children about using MyPlate, will put them on the right path to making smarter choices when it comes to choosing what foods and drinks to consume. The MyPlate is divided into five sections: fruits, grains, vegetables, proteins, and dairy. Follow these guidelines when using MyPlate:



1) **Fruits:** Make half of your plate full with fruits

- ◆ Choose whole fruits - fresh, frozen, dried, or canned in 100% juice
- ◆ Enjoy fruit with meals, as snacks or as a dessert

2) **Vegetables:** Make half of your plate full with vegetables

- ◆ Vary your vegetables
- ◆ Add fresh, frozen, or canned vegetables to salads, sides, and main dishes

3) **Grains:** Make half of your grains whole grains

- ◆ Look for whole grains listed first or second on the ingredients list - try oatmeal, popcorn, whole grain bread, or brown rice
- ◆ Limit grain based desserts and snacks, such as cakes, cookies, or pastries

4) **Proteins:** Vary your protein routine

- ◆ Mix up your protein foods to include seafood, beans, peas, unsalted nuts and seeds, eggs, lean meats, and poultry
- ◆ Try main dishes made with beans and seafood, like tuna salad or bean chili

5) **Dairy:** Move to low - fat or fat - free milk or yogurt

- ◆ Choose fat - free milk, yogurt, and fortified soy milk to cut back on saturated fat

► Available Daily

All Meals Served With:

Low Fat White Milk
Or Non Fat Chocolate Milk
And Fresh Fruit or Fruit Juice

**Cereal & Cheese String Served
Everyday as Alternate Breakfast**

Breakfast Lunch

Wednesday, March 1st

Cinnamon Waffle
Turkey Link

Spaghetti w/ Meatsauce
Green Beans
Garlic Bread

Thursday, March 2nd

Banana Muffin
Cheese String

Oven Fried Chicken
Tator Tots
Garden Salad, WG Roll

Friday, March 3rd.

Maple Pancake
Chicken Sandwich

Hamburger on Bun
Oven Fries, Ketchup
Lettuce, Tomato, Pickle
Mayo & Mustard

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

Breakfast Lunch

Monday, March 6th

Blueberry Muffin
Cheese String

Red Beans w/ Sausage, Rice
Carrots, Cornbread

Tuesday, March 7th

Scrambled Eggs
Biscuit

Turkey Nachos—Cheese
Lettuce, Corn, Salsa

Wednesday, March 8th

Sausage Biscuit
Sandwich

Herb Roasted Chicken
Mashed Potatoes
Garden Salad, WG Biscuit

Thursday, March 9th

Banana Muffin
Cheese String

Spaghetti & Meatballs
Steamed Broccoli, WG Roll

Friday, March 10th

French Toast Sticks
Cheese String

Cheese Pizza
Salad w/ Carrots

Mango Health Benefits

There are several fruits and vegetables that begin to come in season in the spring months. Check out the health benefits of one of these fruits, Mango:



1. Low fat and saturated fat free
2. Sodium and cholesterol free
3. High in Vitamin A and C
4. Excellent for skin health and eye protection
5. Boosts your immune system and improves digestion

