

# MARCH 2018

MON TUE WED THUR FRI

## Special Announcements

**Blue Haze, North, West & Liberty CAFE**  
Variety of Sandwiches are available every day.  
Choice of skim chocolate milk & 1% white milk with meals.

To view your student's daily purchases, lunch account balance, apply for free or reduced meals, and/or pre pay lunch account go to [brewerbearcafe.com](http://brewerbearcafe.com)

**'YOU ART WHAT YOU EAT' ART CONTEST**  
CREATE & ENTER!  
STARTS MARCH 18!  
[squaremeals.org/artcontest](http://squaremeals.org/artcontest)



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**



Good Eats at:

## ELEMENTARY SCHOOLS

<b>Breaded Chicken Drumstick w/ Roll</b> Mashed Potatoes Glazed Carrots Green Beans Chilled Variety of Fruit <b>5</b>	<b>Breaded/ Grilled Chicken Sandwich</b> Broccoli & Cheese Veggies w/ Dip Lettuce, Tomato, Pickle Chilled Variety of Fruit <b>6</b>	<b>Beef N Cheese Nachos</b> Refried Beans Large Garden Salad Chilled Variety of Fruit <b>7</b>	<b>Crispy Fish Sticks</b> Mac N Cheese Ranch Style Beans Green Beans Chilled Variety of Fruit <b>8</b>	<b>Fish Hoagie Sandwich or The MAX Pizza:</b> Pepperoni, Cheese, or Veggie, Corn Carrot Sticks w/ Dip Chilled Variety of Fruit <b>9</b>
<b>HOLIDAY</b> <b>12</b>	<b>HOLIDAY</b> <b>13</b>	<b>HOLIDAY</b> <b>14</b>	<b>HOLIDAY</b> <b>15</b>	<b>HOLIDAY</b> <b>16</b>
<b>Mashed Potato Bowl w/ Meatballs Roll</b> Steamed Spinach Glazed Carrots Chilled Variety of Fruit <b>19</b>	<b>Turkey Hot Dog*</b> Vegetarian Beans Broccoli & Cheese Potato Smiles Chilled Variety of Fruit <i>*Nitrate Free</i> <b>20</b>	<b>Beef Soft Tacos w/ Wheat Tortilla</b> Spanish Rice Pinto Beans Lettuce & Tomato Salad Chilled Variety of Fruit <b>21</b>	<b>Build Your Own Salad</b> Popcorn Chicken w/ Roll Tomato, Celery, Black Beans, Shredded Carrots, Mandarin Oranges, Diced Apples, Corn, Chilled Variety of Fruit <b>22</b>	<b>Fish Hoagie Sandwich or The MAX Pizza:</b> Pepperoni, Cheese, or Veggie, Corn Carrot Sticks w/ Dip Chilled Variety of Fruit <b>23</b>
<b>Tyson Chicken Nuggets w/ Roll</b> Mashed Potatoes Steamed Spinach Glazed Carrots Chilled Variety of Fruit <b>26</b>	<b>Grilled Cheese Sandwich</b> Homemade Vegetable Soup Black Eyed Peas Chilled Variety of Fruit <b>27</b>	<b>Penne Pasta w/ Marinara Chicken Meatballs</b> Garlic Toast, Green Beans Large Garden Salad Chilled Variety of Fruit <b>28</b>	<b>Cheeseburger or Hamburger</b> Lettuce, Tomato, Pickle Vegetarian Beans Baked Tater Tots Chilled Variety of Fruit <b>29</b>	<b>Personal Pan Pizza:</b> Turkey Pepp., Cheese or Veggie) Corn Veggies w/ Dip Chilled Variety of Fruit <b>30</b>

**Cheeseburger or Hamburger**  
Lettuce, Tomato, Pickle  
Vegetarian Beans  
Baked Tater Tots  
Chilled Variety of Fruit **1**

**Personal Pan Pizza:**  
Turkey Pepp., Cheese or Veggie)  
Corn  
Veggies w/ Dip  
Chilled Variety of Fruit **2**

## SCHOOL BREAKFAST WEEK

MARCH 5-9  
[squaremeals.org/sbw](http://squaremeals.org/sbw)

### WSISD Offers Fresh Fruits Daily! Some examples are:

- strawberries, pineapple, apples, oranges, plums, peaches, melons, and bananas

### All our vegetables are fresh or from frozen and include:

- tomatoes, celery, carrots, broccoli, cauliflower, cucumber, cabbage, spinach, romaine lettuce, mushrooms, radishes