

# MARCH 2018

MON TUE WED THUR FRI

## Special Announcements

### First Class Learning Center Liberty Café

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: FCLC LUNCH

<b>Salisbury Steak w/ Wheat Roll</b> Mashed Potatoes Glazed Carrots Chilled Variety of Fruit <b>5</b>	<b>Breaded Chicken on A Wheat Bun</b> Broccoli & Cheese Veggies w/ Dip Lettuce, Tomato, Pickle Chilled Variety of Fruit <b>6</b>	<b>Beef Soft Tacos w/ Wheat Tortilla</b> Refried Beans Garden Salad Chilled Variety of Fruit <b>7</b>	<b>Cheeseburger</b> Lettuce, Tomato (Hall C) Vegetarian Beans Baked Tater Tots Chilled Variety of Fruit <b>1</b>	<b>Whole Grain Cheese Pizza</b> Corn Veggie Sticks w/ Dip (Hall C) Chilled Variety of Fruit <b>2</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>Steak Fingers w/ Wheat Roll</b> Mashed Potatoes Green Peas Chilled Variety of Fruit <b>19</b>	<b>Turkey Hot Dog*</b> Broccoli & Cheese Potato Smiles Chilled Variety of Fruit <i>*Nitrate Free</i> <b>20</b>	<b>Beef Soft Tacos w/ Wheat Tortilla</b> Pinto Beans Spanish Rice Garden Salad Chilled Variety of Fruit <b>21</b>	<b>Crispy Fish Sticks</b> Mac N Cheese Ranch Style Beans Chilled Variety of Fruit <b>8</b>	<b>Whole Grain Cheese Pizza</b> Corn Veggie Sticks w/ Dip (Hall C) Chilled Variety of Fruit <b>9</b>
<b>Popcorn Chicken w/ Wheat Roll</b> Green Beans Corn Chilled Variety of Fruit <b>22</b>	<b>Whole Grain Cheese Pizza</b> Corn Veggie Sticks w/ Dip (Hall C) Chilled Variety of Fruit <b>23</b>	<b>Beef Soft Tacos w/ Wheat Tortilla</b> Pinto Beans Spanish Rice Garden Salad Chilled Variety of Fruit <b>21</b>	<b>Whole Grain Cheese Pizza</b> Corn Veggie Sticks w/ Dip (Hall C) Chilled Variety of Fruit <b>23</b>	<b>Whole Grain Cheese Pizza</b> Corn Veggie Sticks w/ Dip (Hall C) Chilled Variety of Fruit <b>23</b>
<b>Tyson Chicken Nuggets w/ Wheat Roll</b> Mashed Potatoes 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/ Chicken Meatballs &amp; Marinara Sauce</b> Garlic Toast Green Beans Chilled Variety of Fruit <b>28</b>	<b>Cheeseburger</b> Lettuce, Tomato (Hall C) Vegetarian Beans Baked Tater Tots Chilled Variety of Fruit <b>29</b>	<b>Whole Grain Cheese Pizza</b> Corn Veggie Sticks w/ Dip (Hall C) Chilled Variety of Fruit <b>30</b>

**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