

# Menus for March

# 2018

WILLSBORO CENTRAL

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

## EGG-CELLENT.

Ah, the humble, wonderful egg! Just 75 or so calories, but with seven grams of high-quality protein, plus iron, vitamins, minerals, and other disease fighting nutrients. Versatile for cooking. Inexpensive. Readily available. Perhaps the perfect food - for breakfast, or any time!



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

Thursday, 1

**Breakfast**

BAGEL, CEREAL,  
DAILY SPECIAL  
FRUIT/MILK

**Lunch**

CHICKEN ENCHILADA  
RICE/CORN  
FRUIT/MILK

Friday, 2

**Breakfast**

BAGEL, CEREAL,  
DAILY SPECIAL  
FRUIT/MILK

**Lunch**

CORN DOG  
BAKED FRIES  
BAKED BEANS  
FRUIT/MILK

Thursday, 8

**Breakfast**

BAGEL, CEREAL,  
DAILY SPECIAL  
FRUIT/MILK

**Lunch**

PIZZA  
TOSSED SALAD  
FRUIT/MILK

Wednesday 7

**Breakfast**

BAGEL, CEREAL,  
DAILY SPECIAL  
FRUIT/MILK

**Lunch**

SOUP/SAND  
VEGGIE BAR  
FRUIT/MILK

Tuesday, 6

**Breakfast**

BAGEL, CEREAL,  
DAILY SPECIAL  
FRUIT/MILK

**Lunch**

SPAGHETTI  
GREEN BEANS  
GARLIC KNOT  
FRUIT/MILK

Monday, 5

**Breakfast**

BAGEL, CEREAL,  
DAILY SPECIAL  
FRUIT/MILK

**Lunch**

SWEET/SOUR  
CHICKEN  
RICE  
BROCCOLI  
FRUIT/MILK

Friday, 9

**Breakfast**

BAGEL, CEREAL,  
DAILY SPECIAL  
FRUIT/MILK

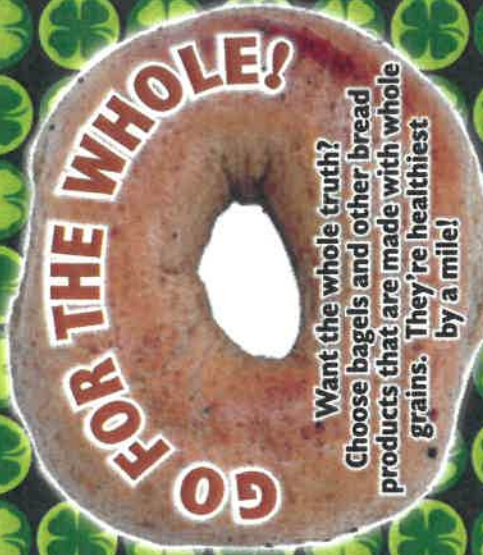
**Lunch**

TACO  
CORN  
FRUIT/MILK

I  SCHOOL  
BREAKFAST

Kids! Join us March 5-9 for  
National School Breakfast Week 2018

come join us for **Breakfast@School**



Want the whole truth?  
Choose bagels and other bread products that are made with whole grains. They're healthiest by a mile!



Don't forget to set your clocks forward one hour on Sunday, March 11!

<b>Monday, 12</b> <b>Breakfast</b> BAGEL, CEREAL, DAILY SPECIAL FRUIT/MILK  <b>Lunch</b> MICHIGAN BAKED FRIES BAKED BEANS FRUIT/MILK	<b>Tuesday 13</b> <b>Breakfast</b> BAGEL, CEREAL, DAILY SPECIAL FRUIT/MILK  <b>Lunch</b> BBQ CHICKEN RICE CORN FRUIT/MILK	<b>Wednesday, 14</b> <b>Breakfast</b> BAGEL, CEREAL, DAILY SPECIAL FRUIT/MILK  <b>Lunch</b> FISH NUGGETS PASTA SALAD GREEN BEANS FRUIT/MILK	<b>Thursday, 15</b> <b>Breakfast</b> BAGEL, CEREAL, DAILY SPECIAL FRUIT/MILK  <b>Lunch</b> PIZZA TOSSED SALAD FRUIT/MILK	<b>Friday, 16</b> <b>Breakfast</b> BAGEL, CEREAL, DAILY SPECIAL FRUIT/MILK  <b>Lunch</b> DELUXE BURGER BAKED FRIES BEANS FRUIT/MILK
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<b>Monday, 19</b> <b>Breakfast</b> BAGEL, CEREAL, DAILY SPECIAL FRUIT/MILK  <b>Lunch</b> CHICKEN STIR FRY VEGGIES FRUIT/MILK	<b>Tuesday, 20</b> <b>Breakfast</b> BAGEL, CEREAL, DAILY SPECIAL FRUIT/MILK  <b>Lunch</b> BBQ RIB POTATO CORN FRUIT/MILK	<b>Wednesday, 21</b> <b>Breakfast</b> BAGEL, CEREAL, DAILY SPECIAL FRUIT/MILK  <b>Lunch</b> MEATBALL SUB GREEN BEANS FRUIT/MILK	<b>Thursday, 22</b> <b>Breakfast</b> BAGEL, CEREAL, DAILY SPECIAL FRUIT/MILK  <b>Lunch</b> PIZZA GARDEN SALAD FRUIT/MILK	<b>Friday, 23</b> <b>Breakfast</b> BAGEL, CEREAL, DAILY SPECIAL FRUIT/MILK  <b>Lunch</b> CHICKEN FAJITA RICE FRUIT/MILK  1/2 day elementary
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<b>Monday, 26</b> <b>Breakfast</b> BAGEL, CEREAL, DAILY SPECIAL FRUIT/MILK  <b>Lunch</b> HAM/CHEESE CHIPS/SALSA FRUIT/MILK	<b>Tuesday, 27</b> <b>Breakfast</b> BAGEL, CEREAL, DAILY SPECIAL FRUIT/MILK  <b>Lunch</b> DUNKERS SALAD FRUIT/MILK	<b>Wednesday, 28</b> <b>Breakfast</b> BAGEL, CEREAL, DAILY SPECIAL FRUIT/MILK  <b>Lunch</b> BUFFALO CHICKEN WRAP RICE FRUIT/MILK	<b>Thursday, 29</b> <b>Breakfast</b> BAGEL, CEREAL, DAILY SPECIAL FRUIT/MILK  <b>Lunch</b> SOUP AND SAND VEGGIE STICKS FRUIT/MILK	<b>Friday, 30</b> <b>NO</b> <b>SCHOOL</b> <b>TODAY</b>
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**Available Daily**  
 PBJ OFFERED DAILY  
 CHICKEN NUGGETS  
 MONDAY, WEDNESDAY  
 AND FRIDAY.