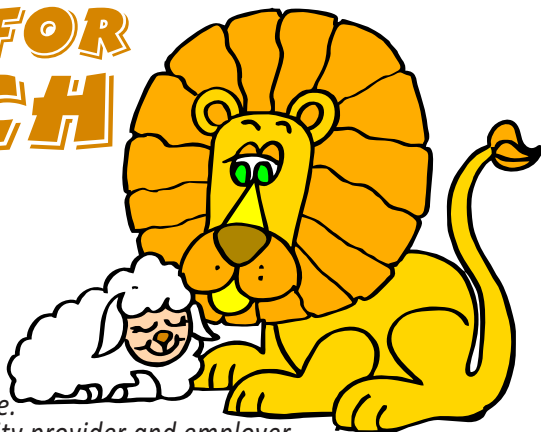


"March comes in like a lion and goes out like a lamb!"

# MENUS FOR MARCH 2015

Prince George's County Elementary Schools (K-8)



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

Monday, March 2

Entrée Choices

- Mini Pizza Bagels+
- Turkey Bacon Club Wrap
- PB & J Sandwich & Cheese Stick+
- Popcorn Chicken Salad Platter & Tortilla Chips

Sides

- Steamed California Blend Vegetables
- Fresh Broccoli Florets w/Dip
- Orange Smiles

Tuesday, March 3

Entrée Choices

- Turkey Burger w/Turkey Bacon & Cheese
- Chicken Salad Wrap
- PB & J Sandwich & Cheese Stick+
- Chef Salad Platter<sup>2</sup> & Soft Pretzel

Sides

- Cucumber & Tomato Salad
- Sweet Potato Fries
- Fresh Pear

## Make the Grade with SCHOOL BREAKFAST



Join us for National School Breakfast Week  
March 2-6, 2015

Wednesday, March 4

Entrée Choices

- Maple Pancake Wraps\*
- Turkey Ham & Cheese Sandwich
- PB & J Sandwich & Cheese Stick+
- Chicken Salad Platter & Soft Pretzel

Sides

- Steamed Spinach
- Steamed Mixed Vegetables
- Pineapple Tidbits

Thursday, March 5

Entrée Choices

- Chicken Nuggets & Dutch Waffle
- Turkey & Cheese Sandwich
- PB & J Sandwich & Cheese Stick+
- Cheese & Veggie Salad Platter+ & Soft Pretzel

Sides

- Steamed Green Beans
- Vegetarian Baked Beans
- Fresh Kiwi

Friday, March 6

Entrée Choices

- Eggo Pancakes+ & Pork Sausage\*
- Turkey Italian Cold Cut Sub
- PB & J Sandwich & Cheese Stick+
- Fiesta Chicken Salad Platter & Soft Pretzel

Sides

- Tater Tots
- Celery & Carrot Sticks w/Dip
- Hot Cinnamon Apples

national nutrition month<sup>®</sup> 2015  
BITE INTO A HEALTHY LIFESTYLE

In PG County, we believe that when you eat well, you can learn well!

eat right. Academy of Nutrition and Dietetics

Monday, March 9

Entrée Choices

- Ravioli in Marinara Sauce+ & Garlic Breadstick
- Turkey Bacon Club Wrap
- PB & J Sandwich & Cheese Stick+
- Popcorn Chicken Salad Platter & Tortilla Chips

Sides

- Steamed Carrots
- Steamed Green Beans
- Pineapple Tidbits

## START FRESH WITH FRUIT!

Every complete Breakfast@School must include a serving of fruit. That's putting FIRST THINGS FIRST!



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

Tuesday, March 10

Entrée Choices

- Roasted BBQ Chicken & Whole Wheat Roll
- Tuna Salad Wrap
- PB & J Sandwich & Cheese Stick+
- Chef Salad Platter<sup>2</sup> & Soft Pretzel

Sides

- Steamed Broccoli & Cheese
- Steamed Sweet Corn
- Orange Smiles

Wednesday, March 11

Entrée Choices

- Spaghetti & Meat Sauce<sup>1</sup> & Whole Wheat Roll
- Turkey Ham & Cheese Sandwich
- PB & J Sandwich & Cheese Stick+
- Tuna Salad Platter & Soft Pretzel

Sides

- Steamed Edamame
- Steamed California Blend Vegetables
- Tropical Fruit Salad
- Today's Desert Pudding

Thursday, March 12

Entrée Choices

- Pork BBQ Rib Sandwich\*
- Turkey & Cheese Sandwich
- PB & J Sandwich & Cheese Stick+
- Cheese & Veggie Salad Platter+ & Soft Pretzel

Sides

- Crinkle Cut Fries
- Fresh Broccoli & Cauliflower Florets w/Dip
- Mandarin Oranges

Friday, March 13

Entrée Choices

- Fish Filet Sandwich
- Turkey Italian Cold Cut Sub
- PB & J Sandwich & Cheese Stick+
- Fiesta Chicken Salad Platter & Soft Pretzel

Sides

- Steamed Peas & Carrots
- Steamed Spinach
- Fresh Apple

## Available Daily

PB & J Sandwich and Cheese Stick+  
Garden Salad w/Fresh Tomatoes offered w/Reduced Fat Dressing  
Seasonal Fresh Fruit Bowl and Fruit Cup  
100% Fruit Juice is offered on Tuesday and Thursday  
+Item is Meatless  
\*Item Contains Pork  
!Item Contains Beef  
?Item Contains Turkey  
Full student lunch includes choice of entrée (meat or meat substitute w/grain item), up to two vegetables, one fruit, and choice of milk. Elementary students in grades 6-8 will be offered an additional grain with the cold Deli Sandwiches

Monday, March 16

Entrée Choices

New Orleans Chicken & Steamed Rice  
Turkey Bacon Club Wrap  
PB & J Sandwich & Cheese Stick+  
Popcorn Chicken Salad Platter & Tortilla Chips

Sides

Steamed Spinach  
Steamed Mixed Vegetables  
Orange Smiles

Get out your Ghillies!

Traditional Irish dancers wear colorful outfits and either hard dance shoes ("jig shoes") or soft dance shoes ("ghillies").



March 17 St. Patrick's Day

Tuesday, March 17

Entrée Choices

Chicken Nuggets & Whole Wheat Roll  
Chicken Salad Sandwich  
PB & J Sandwich & Cheese Stick+  
Chef Salad Platter<sup>2</sup> & Soft Pretzel

Sides

Vegetarian Baked Beans  
Steamed Carrots  
Fresh Pear



Hear the Maryland Crunch!

On Wednesday, March 25, our school will Hear the Maryland Crunch!

Wednesday, March 18

Entrée Choices

Taco Nachos & Santa Fe Black Beans & Rice  
Turkey Ham & Cheese Sandwich  
PB & J Sandwich & Cheese Stick+  
Chicken Salad Platter & Soft Pretzel

Sides

Steamed Broccoli  
Steamed Sweet Corn  
Pineapple Tidbits

Thursday, March 19

Entrée Choices

Café Burger  
Turkey & Cheese Sandwich  
PB & J Sandwich & Cheese Stick+  
Cheese & Veggie Salad Platter+ & Soft Pretzel

Sides

Steamed California Blend Vegetables  
Steamed Green Peas  
Fresh Kiwi

Friday, March 20

Entrée Choices

Toasted Cheese Sandwich+  
Turkey Italian Cold Cut Sub  
PB & J Sandwich & Cheese Stick+  
Fiesta Chicken Salad Platter & Soft Pretzel

Sides

Steamed Green Beans  
Tomato Soup+ Applesauce

Monday, March 23

Entrée Choices

Teriyaki Beef Bites<sup>1</sup> & Whole Wheat Roll  
Turkey Bacon Club Wrap  
PB & J Sandwich & Cheese Stick+  
Popcorn Chicken Salad Platter & Tortilla Chips

Sides

Steamed California Blend Vegetables  
Tater Tots  
Pineapple Tidbits

Tuesday, March 24

Entrée Choices

Turkey & Gravy w/Whole Wheat Roll  
Tuna Salad Sandwich  
PB & J Sandwich & Cheese Stick+  
Chef Salad Platter<sup>2</sup> & Soft Pretzel

Sides

Steamed Spinach  
Mashed Potatoes w/Gravy  
Orange Smiles

- o Hear the Maryland Crunch! is a huge apple crunching event that is happening all across the state.
- o Held on Maryland Day, Hear the Maryland Crunch! celebrates the successful School Breakfast Programs.
- o Hear the Maryland Crunch! aims to reduce childhood hunger by making sure that all students have access to school breakfast.
- o Research shows that children who eat a nutritious breakfast at school are:
  - o Less likely to experience food insecurity,
  - o Are better able to learn,
  - o Exhibit better behavior at school,
  - o Consume a healthier overall diet,
  - o Demonstrate improved academic performance, and
  - o Are less likely to be late to or absent from school.
- o Won't you Hear the Maryland Crunch! on March 25th to help end childhood hunger? Sign-up today at [www.tinyurl.com/HearTheCrunch](http://www.tinyurl.com/HearTheCrunch).

Wednesday, March 25

Entrée Choices

Pork BBQ Rib Sandwich\*  
Turkey Ham & Cheese Sandwich  
PB & J Sandwich & Cheese Stick+  
Tuna Salad Platter & Soft Pretzel

Sides

Vegetarian Baked Beans  
Steamed Peas & Carrots  
Fresh Apples  
**"Hear the Maryland Crunch"**



**Peanut Butter is a fantastic, healthy lunch or snack food that kids love! Look for varieties that contain less sugar. Indeed, there are many brands available now that are 100% peanuts -- or perhaps just peanuts with a dash of salt -- and no added sugar at all! Excellent Peanut Butter delivery methods include celery stalks and 100% whole wheat bread or crackers.**

Thursday, March 26

Entrée Choices

Tangerine Chicken & Steamed Rice  
Turkey & Cheese Sandwich  
PB & J Sandwich & Cheese Stick+  
Cheese & Veggie Salad Platter+ & Soft Pretzel

Sides

Steamed Sweet Corn  
Steamed Broccoli  
Mandarin Oranges

Friday, March 27

Entrée Choices

Fish Nuggets & Whole Wheat Roll  
Turkey Italian Cold Cut Sub  
PB & J Sandwich & Cheese Stick+  
Fiesta Chicken Salad Platter & Whole Wheat Roll

Sides

Cole Slaw  
Sweet Potato Fries  
Tropical Fruit Salad

Monday, March 30

Entrée Choices

Chicken Soft Taco  
Turkey Bacon Club Wrap  
PB & J Sandwich & Cheese Stick+  
Popcorn Chicken Salad Platter & Tortilla Chips

Sides

Steamed Broccoli & Cheese  
Steamed Sweet Corn  
Orange Smiles

Tuesday, March 31

Entrée Choices

Hot Dog on Bun<sup>1</sup>  
Chicken Salad Sandwich  
PB & J Sandwich & Cheese Stick+  
Chef Salad Platter<sup>2</sup> & Soft Pretzel

Sides

Vegetarian Baked Beans  
Cucumber & Tomato Salad  
Fresh Pear