

MENUS FOR MARCH 2015

Prince George's County Public Schools
Secondary Menu (6-8, 9-12)
Menus are subject to change.

USDA is an equal opportunity provider and employer.

AVAILABLE DAILY
Peanut Butter & Jelly Sandwich w/Cheese Stick+

Deli Sandwich & Grain Includes a Grain Item and a Choice of One of the Following Sandwiches: Turkey & Cheese, Turkey Ham & Cheese, Chicken Salad, Tuna Salad, Turkey Italian Cold Cut Sub

Salad Platter & Grain Includes a Grain Item and Choice of One of the Following Salads: Popcorn Chicken Salad, Chef Salad¹, Tuna Salad, Chicken Salad, Fiesta Chicken Salad, Cheese & Veggie Salad, Chicken Fajita Salad

Garden Salad w/Fresh Tomatoes w/Reduced Fat Dressing
Seasonal Fresh Fruit Bowl and Fruit Cup
100% Fruit Juice Offered on Tuesday & Thursday

Full student lunch includes choice of entrée (meat/meat alternative w/grain item), up to two fruits, up to two vegetables and choice of milk (1% plain or fat-free plain).

Students in grades 9-12 will be offered an additional grain item w/hot sandwiches.
Pudding cups offered daily at High Schools (grades 9-12).

+ Item is Meatless * Item Contains Pork
1 Item Contains Beef 2 Item Contains Only Turkey

Make the Grade

with SCHOOL BREAKFAST

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

Featured Specials of the Day

Monday, March 2

ENTRÉES: Taco Nachos¹ & Sante Fe Black Beans & Rice, Bean & Cheese Chalupa + & Sante Fe Black Beans & Rice, Stuffed Crust Cheese Pizza +, Chris P. Chicken Chunks & Grain **SIDES:** Steamed Sweet Corn, Steamed Carrots, Seasoned Potato Wedges, Pineapple Tidbits, Fresh Apple

Tuesday, March 3

ENTRÉES: Fiesta Mac n' Beef¹ & Whole Wheat Roll, Gyro Sandwich¹, Cheese Pizza Slice +, Chicken Nuggets & Grain **SIDES:** Steamed Spinach, Steamed California Blend Vegetable, Crinkle Cut Fries, Applesauce, Fresh Orange

Today's Dessert: Pudding

Wednesday, March 4

ENTRÉES: General Tso's Chicken & Steamed Rice, Fish Filet Sandwich, French Bread Pizza +, Chicken Patty Sandwich **SIDES:** Steamed Broccoli, Carrot & Celery Sticks w/Dip, Seasoned Potato Stix, Mandarin Oranges, Fresh Pear

Thursday, March 5

ENTRÉES: Chicken Fajita, Hot Dog on Bun¹, Cheese Pizza Slice +, Popcorn Chicken & Grain **SIDES:** Steamed Mixed Vegetables, Vegetarian Baked Beans, Seasoned Potato Wedges, Tropical Fruit Salad, Fresh Apple

Friday, March 6

ENTRÉES: Mozzarella Cheese Sticks+ w/Marinara, Cinnamon Glazed French Toast w/Pork Sausage*, Cheese Pizza Bagel +, Chicken Tenders & Dutch Waffle **SIDES:** Steamed Squash & Zucchini, Cucumber & Tomato Salad, Sweet Potato Fries, Baked Apples, Fresh Orange

Featured Specials of the Day

Monday, March 9

ENTRÉES: Teriyaki Beef Bites¹ & Steamed Rice, Café Burger¹, Stuffed Crust Cheese Pizza +, Chris P. Chicken Chunks & Grain **SIDES:** Steamed California Blend Vegetables, Carrot Sticks w/Dip, Seasoned Potato Wedges, CryBaby Italian Fruit Ice, Fresh Apple

Tuesday, March 10

ENTRÉES: Soft Shell Taco¹, Garden Patty on Swirl Roll +, Cheese Pizza Slice +, Chicken Nuggets & Grain **SIDES:** Tex Mex Black Beans +, Steamed Mixed Vegetables, Crinkle Cut Fries, Applesauce, Fresh Orange

Wednesday, March 11

ENTRÉES: Pasta Alfredo² & Whole Wheat Roll, Turkey Corn Dog, French Bread Pizza +, Chicken Tenders & Grain **SIDES:** Steamed Peas & Carrots, Broccoli & Cauliflower Florets w/Dip, Seasoned Potato Stix, Mandarin Oranges, Fresh Pear

Thursday, March 12

ENTRÉES: Oven Fried Chicken & Whole Wheat Roll, Philly Steak & Cheese¹, Cheese Pizza Slice +, Popcorn Chicken & Grain **SIDES:** Steamed Sweet Corn, Steamed Spinach, Seasoned Potato Wedges, Tropical Fruit Salad, Fresh Apple

Friday, March 13

ENTRÉES: Japanese Cherry Blossom Chicken & Steamed Rice, Fish Filet Sandwich, Cheese Pizza Bagel +, Chicken Patty Sandwich **SIDES:** Steamed Broccoli & Cheese, Celery Sticks w/Dip, Sweet Potato Fries, Applesauce, Fresh Orange

eat right. Academy of Nutrition and Dietetics

national nutrition month[®] 2015

BITE ONLY A HEALTHY LIFESTYLE

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

NUTRITION TO GO

Peanut Butter is a fantastic, healthy lunch or snack food that you 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.

A TASTY MORSEL FOR TEENS



On Wednesday, March 25, our school will

Hear the Maryland Crunch!

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

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!

Featured Specials of the Day

Monday, March 16

ENTRÉES: Blackened Pollock & Steamed Rice, Hot Dog on Bun¹, Stuffed Crust Cheese Pizza +, Chris P. Chicken Chunks & Grain

SIDES: Steamed Mixed Vegetables, Vegetarian Baked Beans, Seasoned Potato Wedges, Pineapple Tidbits, Fresh Apple

Tuesday, March 17

ENTRÉES: Turkey Lasagna Roll Up & Whole Wheat Roll, Mozzarella & Jalapeno Stuffed Sandwich, Cheese Pizza Slice +, Chris P. Chicken Sandwich

SIDES: Steamed Spinach, Tomato Soup +, Crinkle Cut Fries, Applesauce, Fresh Orange

Wednesday, March 18

MEXICAN THEME BAR

ENTRÉES: Mexican Style Beef or Chicken Salsa Verde w/Tortilla Chips or Cilantro Lime Rice or Flour Tortilla, Stuffed Crust Cheese Pizza +, Chicken Patty Sandwich **SIDES:** Black Bean & Corn Mix, Pico de Gallo & Shredded Lettuce, Seasoned Potato Stix, Mandarin Oranges, Fresh Pear

Thursday, March 19

ENTRÉES: Mozzarella Cheese Sticks + w/Marinara, Pork BBQ Rib Sandwich*, Cheese Pizza Slice +, Popcorn Chicken & Grain

SIDES: Steamed Broccoli, Cole Slaw, Seasoned Potato Wedges, Tropical Fruit Salad, Fresh Apple

Friday, March 20

ENTRÉES: Tangerine Chicken & Steamed Rice, Fish Filet Sandwich, Cheese Pizza Bagel +, Chicken Tenders & Grain

SIDES: Steamed Green Beans, Steamed California Blend Vegetables, Sweet Potato Fries, Applesauce, Fresh Orange

64.7 BY THE NUMBERS
PERCENTAGE OF TEENS IN A RECENT STUDY WHO SAID THEY LIKE SCARY MOVIES

Featured Specials of the Day

Monday, March 23

ENTRÉES: Roasted BBQ Chicken & Whole Wheat Roll, Cafe Burger¹, Stuffed Crust Cheese Pizza +, Chris P. Chicken Chunks & Grain

SIDES: Steamed Mixed Vegetables, Vegetarian Baked Beans, Seasoned Potato Wedges, Pineapple Tidbits, Fresh Apple

Tuesday, March 24

ENTRÉES: Taco Nachos¹ & Sante Fe Black Beans & Rice, Taco Burger on Bun +, Cheese Pizza Slice +, Chicken Nuggets & Grain

SIDES: Steamed Sweet Corn, Celery & Carrot Sticks w/Dip, Crinkle Cut Fries, Applesauce, Fresh Orange **Today's Dessert:** Pudding

Wednesday, March 25

ENTRÉES: Pizza Pasta Bake² & Garlic Breadstick, Turkey Corn Dog, French Bread Pizza +, Chicken Tenders & Grain

SIDES: Steamed Carrots, Steamed Spinach, Seasoned Potato Stix, Mandarin Oranges, Fresh Apple "Hear the Maryland Crunch!"

Thursday, March 26

ENTRÉES: Bean & Cheese Burrito +, Turkey Burger w/Turkey Bacon & Cheese, Cheese Pizza Slice +, Popcorn Chicken & Grain

SIDES: Steamed Green Peas, Cucumber & Tomato Salad, Seasoned Potato Wedges, Tropical Fruit Salad, Fresh Pear

Friday, March 27

ENTRÉES: New Orleans Chicken & Steamed Rice, Fish Filet Sandwich, Cheese Pizza Bagel +, Chicken Patty Sandwich

SIDES: Steamed Broccoli, Steamed Edamame, Sweet Potato Fries, Applesauce, Fresh Orange

Monday, March 30

ENTRÉES: Chicken Soft Taco w/Salsa, Texas Style Pork BBQ on Bun*, Pizza Fiestada +, Chris P. Chicken & Grain

SIDES: Cole Slaw, Vegetarian Baked Beans, Seasoned Potato Wedges, Pineapple Tidbits, Fresh Apple

Tuesday, March 31

ENTRÉES: Spicy Chicken & Steamed Rice, Taco Burger on Bun +, Cheese Pizza Slice +, Chicken Nuggets & Grain

SIDES: Steamed Green Beans, Steamed Edamame, Sweet Potato Fries, Applesauce, Fresh Orange

PLEASE SEE REVERSE
SIDE FOR ITEMS
AVAILABLE EVERY DAY