



March Menu



Smith County Schools

1	2	3	4	5
Juice (2) Cereals Assorted Pastries Milk Chicken Rings Scalloped Potatoes Green Peas Fruit Roll Milk	Juice (2) Cereals or Breakfast Pizza Milk Ham Slice Macaroni & Cheese Green Beans Apple Sticks Biscuit Milk	Juice (2) Cereals or Gravy & Biscuit Milk Pinto Beans Kraut & Weiners Stewed Pot. Cooked Carrots Cornbread <i> pudding Pop/Milk</i>	Juice (2) Cereals or Meat & Biscuit Milk Nachos w/Meat & Cheese Lettuce/Tomato/Salsa Whole Kernel Corn Fruit Milk	Juice (2) Cereals or Milk Cheeseburger Let/Tom FF Fruit Milk

NATIONAL SCHOOL BREAKFAST WEEK - March 8 - 12

8	9	10	11	12
Juice (2) Cereals or Assorted Pastries Milk Chicken Strips Creamed Potatoes Green Beans Fruit Roll Milk	Juice (2) Cereals or Breakfast Pizza Milk Cheeseburger Mac Corn on Cob Breaded Okra Fruit Biscuit Milk	Juice (2) Cereals or Gravy & Biscuit Milk Corn Dog Tater Tots Baked Beans Fresh Fruit Cookie Milk	Juice (2) Cereals or Meat & Biscuit Milk Fish White Beans Creamed Potatoes Coleslaw Hushpuppies Milk	Juice (2) Cereals or Waffles & Syrup Milk Pork Roast & Gravy Creamed Pot. Green Beans Fruit Biscuit

15	16	17	18	19
Juice (2) Cereals or Assorted Pastries Milk Pizza Tossed Salad French Fries Juice Bar Milk	Juice (2) Cereals or Breakfast Pizza Milk Baked Chicken & Rice Broccoli w/Cheese Fruit Sherbet Roll Milk	Juice (2) Cereals or Gravy & Biscuit Milk Breaded Chicken/Gravy Cr. Pot Green Peas Fruit Biscuit Milk	Juice (2) Cereals or Meat & Biscuit Milk Lasagna Tossed Salad Green Beans Fruit Garlic Toast Milk	Juice (2) Cereals Pancake/Syrup Milk Hamburger Lettuce/Tomato/Pickles French Fries Fresh Fruit Cookie Milk

22	23	24	25	26
Juice (2) Cereals or Assorted Pastries Milk Chicken Nuggets Macaroni & Cheese Green Beans Fruit Biscuit Milk	Juice (2) Cereals or Breakfast Pizza Milk Salisbury Steak Creamed Potatoes Green Peas Fruit Biscuit Milk	Juice (2) Cereals or Gravy & Biscuit Milk Ham & Cheese Sandwich Lettuce/Tomato Potato Soup Crackers Fresh Fruit Milk	Juice (2) Cereals or Meat & Biscuit Milk Chicken Fajita Lettuce/Tomato/Salsa Refried Beans Spanish Rice Fruit Milk	Juice (2) Cereals or French Toast Sticks Milk Hamburger Steak Baked Pot Tossed Salad Fruit Texas Toast <i>Milk</i>

29	30	31
Juice (2) Cereals or Assorted Pastries Milk Chicken Sandwich Potato Smiles Carrots w/Dip Fresh Fruit Cookie Milk	Juice (2) Cereals or Breakfast Pizza Milk Spaghetti Tossed Salad Green Beans Fruit Jello Breadstick Milk	Juice (2) Cereals or Gravy & Biscuit Milk Turkey & Dumplings Cr. Pot Green Peas Cooked Apples Roll Milk

National School Breakfast Week "Ready, Set, Go" March 8 - 12, 2010



Breakfast is the most important meal of the day and provides the energy to be ready for a day of learning. Studies have proven that students who eat breakfast have increased attention levels and improved behavior. Go to the school cafeteria for a nutritious breakfast each morning!

"Smith County School Nutrition is an equal opportunity provider"