

MEAL PRICES:

Daily Lunch: \$2.90 (reduced \$.40)
Milk (only): \$.60
Breakfast: \$1.60
Adult Meal Prices: \$2.00 (Breakfast)
\$4.00 (Lunch)

Hebron Public Schools
Breakfast & Lunch Menu

March 2020

IT'S NATIONAL CELERY MONTH!
BE SURE TO *CELERY-BRATE* BY
CHECKING OUT OUR RAINBOW
TRAY DAILY!!

*YOGURT FUN LUNCH OFFERED
DAILY!*

<p>3/2</p> <p>Crispy Chicken Tenders w/ Dip Golden Carrots Bread Stick, Rainbow Tray Fruit & Veggies Happy Birthday Dr. Seuss!! <i>Alt. Meatball Grinder</i></p>	<p>3/3</p> <p>Chicken Quesadilla Zesty Tom Salsa Sweet Steamed Corn Rainbow Tray w/ Fruit & Veggies <i>Alt. Meatball Grinder</i></p>	<p>3/4</p> <p>Cheese Burger Lettuce & Tomato Cowboy Beans Potato Chips Rainbow Tray w/ Fruit & Veggies <i>Alt. Meatball Grinder</i></p>	<p>3/5</p> <p>BBQ Chicken Tender Cilantro Lime Brown Rice Steamed Broccoli Rainbow Tray w/ Fruit & Veggies <i>Alt. Meatball Grinder</i></p>	<p>3/6</p> <p>Personal Pizza Cheese or Roni Garden Salad Rainbow Tray Fruit & Veggies Happy Birthday Dr. Seuss!! <i>Alt. Meatball Grinder</i></p>
<p>3/9</p> <p>Chicken Pot Pie w/ Biscuit Steamed Green Bean Rainbow Tray w/ Fruit & Veggies <i>Alt. Chicken Patty</i></p>	<p>3/10</p> <p>Walking Beef Taco Lettuce, Cheese & Salsa Refried Beans Rainbow Tray <i>Alt. Chicken Patty</i></p>	<p>3/11</p> <p>Zesty Orange Chicken Golden Carrots Seasoned Brown Rice Fortune Cookie Rainbow Tray w/ Fruit & Veggies <i>Alt. Chicken Patty</i></p>	<p>3/12</p> <p>Pancakes w/ Syrup Chicken Sausage Hash Browns Rainbow Tray w/ Fruit & Veggies <i>Alt. Chicken Patty</i></p>	<p>3/13</p> <p> <i>No School</i></p>
<p>3/16</p> <p>Chicken Fajita Onions, Peppers & Cheese Flour Tortilla Rainbow Tray w/ Fruit & Veggies <i>Alt. Chicken Tenders</i></p>	<p>3/17</p> <p>St. Paddy's Day Shepherd's Pie Pot of Gold Carrots Rainbow Tray w/ Fruit & Veggies Happy St. Patrick's Day! <i>Alt. Chicken Tenders</i></p>	<p>3/18</p> <p>Bacon Cheese Burger Maple Baked Beans Rainbow Tray w/ Fruit & Veggies <i>Alt. Chicken Tenders</i></p>	<p>3/19</p> <p>Sloppy Joe On WG Roll Oven Baked Fries Rainbow Tray w/ Fruit & Veggies <i>Alt. Chicken Tenders</i></p>	<p>3/20</p> <p>French Bread PIZZA Cheese or Roni Garden Salad Rainbow Tray w/ Fruit & Veggies <i>Alt. Chicken Tenders</i></p>
<p>3/23</p> <p>Mini Corn Dogs Maple Baked Beans Rainbow Tray w/ Fruit & Veggies <i>Alt. Cheeseburger</i></p>	<p>3/24</p> <p>Mexican Rice Bowl Seasoned Chicken, Corn, Salsa Cheese & Brown Rice Rainbow Tray w/ Fruit & Veggies <i>Alt. Cheeseburger</i></p>	<p>3/25</p> <p>Waffles Chicken Sausage Hash Browns Rainbow Tray w/ Fruit & Veggies National Waffle Day! <i>Alt. Cheeseburger</i></p>	<p>3/26</p> <p>Pasta w/Meat Sauce Garlic Knot Garden Salad Rainbow Tray w/ Fruit & Veggies EARLY DISMISSAL <i>Alt. Cheeseburger</i></p>	<p>3/27</p> <p>Personal PIZZA Cheese or Roni Baby Carrots/Ranch Rainbow Tray w/ Fruit & Veggies EARLY DISMISSAL <i>Alt. Cheeseburger</i></p>
<p>3/30</p> <p>Pop Corn Chicken & Mac n' Cheese Golden Carrots Rainbow Tray w/ Fruit & Veggies <i>Alt. Chicken Patty</i></p>	<p>3/31</p> <p>Beef & Bean Nachos Topped w/ Cheese Over Tortilla Chips Steamed Corn Rainbow Tray w/ Fruit & Veggies <i>Alt. Chicken Patty</i></p>			

*Menu subject to change without notice.

FOOD NEWS!

- ❖ Participate in World Compliment day on March 1st! It's simple and easy. As you meet people today, think about them and who they are. Give them a compliment that is positive, honest and sincere. Do it with a smile. Then, watch the smile appear on their face. Compliments can be oral or written. They should be given face to face, in person.
- ❖ March 2nd is Dr. Seuss's birthday—what better way to celebrate than to read? Did you know Dr. Seuss would be 116 this year? While he is no longer with us, his legacy lives on in the pages of his books. He forever changed the way children's books were written and continues to inspire generations.
- ❖ March 19th is Spring Vernal Equinox, which brings days and nights in equal proportions. It is simply the day when there is exactly 12 hours of daylight and 12 hours of nighttime. But, did you know that this is only true on the Equator? For the rest of us, the timing is a little sooner, or later, depending upon where we live on the planet. We won't go any deeper than that, as this a fun menu fact, not a science course.

Breakfast



A complete breakfast includes; Whole Grain based Entrée, Milk, Fruit and/or 100% Fruit Juice. Reduced Sugar Whole Grain Cereals are available in addition to the daily offering.



Daily Breakfast Menu:

Cereal, Cheese Stick or Yogurt, Fruit, 100% Juice & Milk are offered Daily

Monday: WG Muffin (Assorted Flavors)

Tuesday: Mini Pancakes

Wednesday: French Toast

Thursday: Bagel-Egg & Cheese

Friday: Assorted Breakfast Pastry

Lunch

Thursdays are Lucky Tray Day!!



Every student that purchases a school lunch has the opportunity to win a treat for after their lunch!!

What does a complete hot lunch include?

Grain, meat/meat alternate, vegetable, fruit & milk

Students are encouraged to select all 5 components!

!!New Fun Lunches!!

Offered Daily!

Cereal Fun Lunch or Muffin Fun Lunch!!

Alternate lunches are available daily by request only and include all food group components.

****All Preschool meals include at least 6 oz. milk, ¼ cup vegetable, ¼ cup fruit, ½ slice or ½ serving of whole grains and 1 ½ oz meat/meat alternate, ¼ cup egg or 6 oz yogurt.****



Lunch choices include: Fat Free or 1% Regular Milk and fat-free chocolate milk



This Is an Equal Opportunity Institution

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