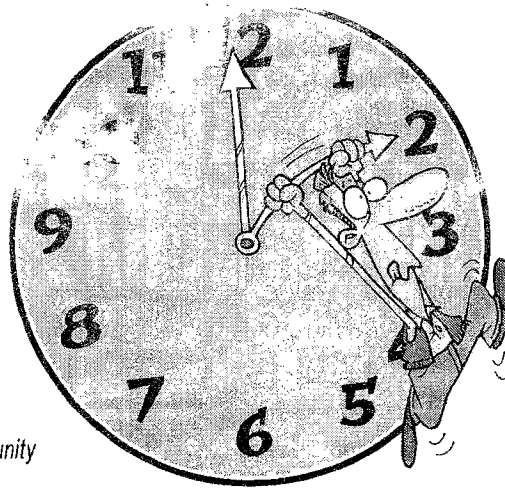


Don't forget to
Spring Forward
on March 14!

**Menus for
March 2010**

**GUYMON PUBLIC
SCHOOLS**

*This institution is an equal opportunity
provider and employer.*



Monday, March 8

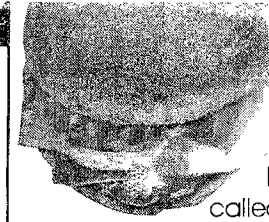
Breakfast
Grape Juice
Sausage Biscuit
Cold Cereal
Milk

Lunch
Steak Fingers
Whipped Potatoes/Gravy
Buttered Carrots
Sliced Apples
Hot Roll
Milk

Tuesday, March 9

Breakfast
Apple Juice
Blueberry Bumping
Cold Cereal
Milk

Lunch
Green Eggs & Ham
Biscuit & Gravy
Orange Juice
Strawberries and Peaches
Milk



**BREAK
AN EGG.**

Hey, why do you think it's called BREAKfast? A breakfast sandwich of an egg, a slice of lean ham, and a piece of cheese on a whole-wheat English muffin, with an orange and lowfat milk, provides a delicious variety of foods, and only about 550 calories. Keeps you feeling full, too. Enjoy!

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

Wed., March 3

Breakfast
Orange Juice
Breakfast Burrito
Cold Cereal
Milk

Lunch
Toasted Cheese Sandwich
Chicken and Rice Soup
Grapes
Brownie
Milk

Thursday, March 4

Breakfast
Grape Juice
Apple Cinnamon Muffin
Cold Cereal
Milk

Lunch
Enchilada
Corn
Tossed Salad
Peaches
Milk

Friday, March 5

Breakfast
Apple Juice
Biscuit & Gravy
Cold Cereal
Milk

Lunch
Tuna Salad Sandwich
Baked Potato Chips
Vegetarian Beans
Orange Half
Milk

School Breakfast

ready SET GO!

NATIONAL SCHOOL BREAKFAST WEEK
MARCH 8~12, 2010

Monday, March 8

Breakfast
Orange Juice
Nutri-grain Cereal Bar
Cold Cereal
Milk

Lunch
Steak Sandwich
Lettuce/Pickle
Funyuns
Carrots/Broccoli/Celery
Lowfat Ranch
Apple
Milk

NUTRITION TO GO

Condiments can dramatically change the fat content of a sandwich. Just one tablespoon of real mayonnaise adds 100 calories and 11 grams of fat to a sandwich (that's 17% of the recommended daily fat maximum). The same amount of mustard adds just 10 calories and less than 1 gram of fat.

ASBY MORSEL

Tuesday, March 9

Breakfast
Chilled Pears
Cinnamon Toast
Cold Cereal
Milk

Lunch
Pig in the Blanket
Curly Fries
Peaches
Chocolate Pudding
Milk

Wed., March 10

Breakfast
Apple Juice
Pancake & Sausage on a Stick
Cold Cereal
Milk

Lunch
Salisbury Steak
Whipped Potatoes
Corn
Fresh Fruit
Hot Roll
Milk

Thursday, March 11

Breakfast
Applesauce
Cinnamon Roll
Cold Cereal
Milk

Lunch
BBQ Sandwich
Pickles
Sweet Potato Fries
Applesauce
Chocolate Chip Cookie
Milk

Friday, March 12

Breakfast
Grape Juice
Biscuit & Gravy
Cold Cereal
Milk

Lunch
Vegetable Chili Frito Pie
Carrot Sticks w/Lowfat Ranch
Corn Bread
Grapes
Milk

MARCH BIRTHDAYS

Dr. Seuss (Ted Geisel) -- Mar. 2
Harriet Tubman -- Mar. 10
Justin Bieber (16) -- Mar. 14
Johann Sebastian Bach -- Mar. 21
Peyton Manning (34) -- Mar. 23
Lady Gaga (24) -- Mar. 28

Monday, March 15

Breakfast
 Orange Juice
 Fish Frowns
 Sausage Patty
 Cold Cereal
 Milk

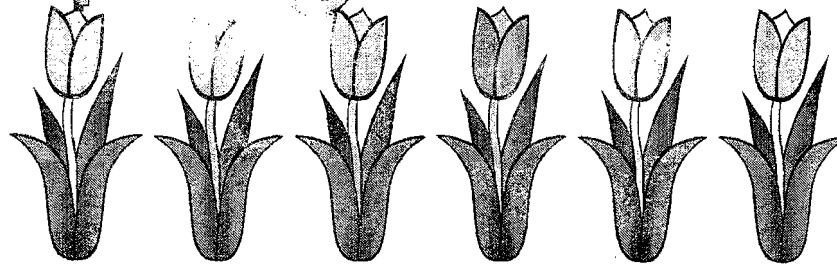
Lunch
 Sausage Pizza
 Tossed Salad
 Peaches
 Gogurt
 Milk

Tuesday, March 16

Breakfast
 Grape Juice
 Green Scrambled Eggs
 Toast
 Cold Cereal
 Milk

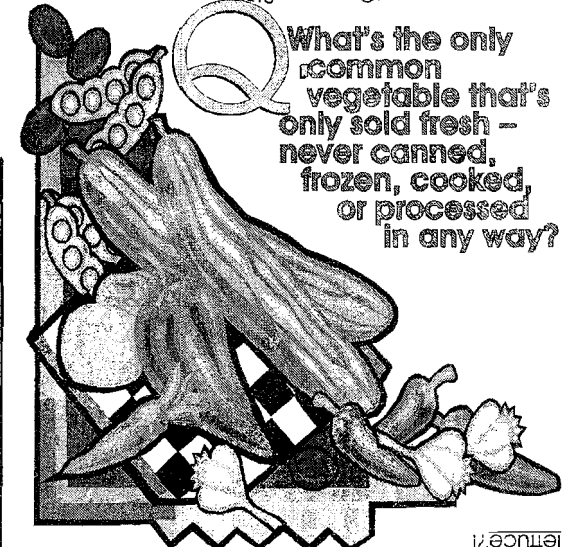
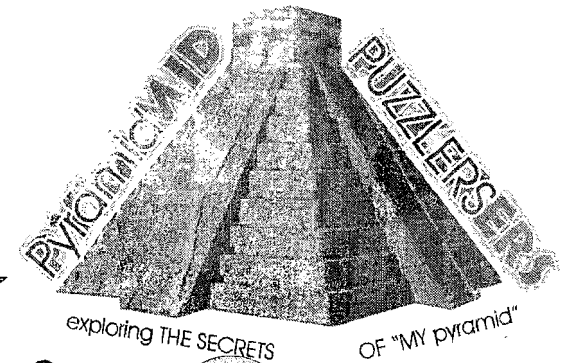
Lunch
 Shamrocks
 Lucky Beans
 Golden Nuggets
 Hidden Treasure
 Milk

Spring Break



Break begins at the end of classes:
 Wednesday, March 16

Classes resume:
 Monday, March 22



Q What's the only common vegetable that's only sold fresh – never canned, frozen, cooked, or processed in any way?

A Lettuce – can you imagine frozen or canned lettuce?

LEARN MORE AT www.kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, March 22

Breakfast
 Apple Juice
 Sausage Biscuit
 Cold Cereal
 Milk

Lunch
 Grilled Chicken Sandwich
 Lettuce/Pickle
 Baked Lays
 Cucumber/Tomato Salad
 Peaches
 Milk

Tuesday, March 23

Breakfast
 Grape Juice
 Scrambled Eggs
 Toast
 Cold Cereal
 Milk

Lunch
 Corn Dog
 Tater Tots
 Vegetable Sticks
 Apricots
 Cookie
 Milk

Wed., March 24

Breakfast
 Applesauce
 Cereal Bar
 Cold Cereal
 Milk

Lunch
 Lasagna
 Tossed Salad
 Green Beans
 Garlic Bread
 Milk

Thursday, March 25

Breakfast
 Apple Juice
 Cinnamon Roll
 Cold Cereal
 Milk

Lunch
 Taco Salad
 Lettuce/Cheese
 Corn
 Fruit Cocktail
 Milk

Friday, March 26

Breakfast
 Orange Juice
 Biscuit & Gravy
 Cold Cereal
 Milk

Lunch
 Tuna & Noodles
 Tossed Salad
 Green Beans
 Fresh Fruit
 Milk

Monday, March 29

Breakfast
 Apple Juice
 Doughnut
 Cold Cereal
 Milk

Lunch
 Chicken Fried Steak
 Whipped Potatoes/Gravy
 Buttered Carrots
 Hot Roll
 Milk

OUR NATION'S HISTORY

The Declaration of Independence was written in 1776 by a committee of the Continental Congress that had three members: Ben Franklin, John Adams, and Thomas Jefferson. Franklin was already 70 at the time and would live another 14 years. Adams and Jefferson were younger men, and each would go on to become President of the United States – and they also became bitter political rivals in the young republic. In later life, they would become friends again and correspond for many years. Amazingly, Adams and Jefferson died on the same day, and, even more amazingly, that day was July 4, 1826 – exactly 50 years to the day from the signing of their Declaration.

STAGE FOR A

Tuesday, March 30

Breakfast
 Orange Juice
 Apple Cinnamon Muffin
 Cold Cereal
 Milk

Lunch
 Enchilada
 Corn
 Tossed Salad
 Peaches
 Milk

Wed., March 31

Breakfast
 Grape Juice
 Breakfast Burrito
 Cold Cereal
 Milk

Lunch
 Hot Dog
 Baked Potato Chips
 Vegetarian Beans
 Orange Half
 Milk