



North Crawford

The USDA is an equal opportunity provider and employer

2017 Breakfast and Lunch Menu

Menus subject to change

March breakfast cost:
 Elementary/HS- \$19.80
 Per Meal- \$1.10
March Lunch costs:
 MS/HS - \$49.50 (\$2.75)
 Elementary - \$44.10 (\$2.45)
 Extra Milk - \$0.30
 Adult Breakfast - \$1.60
 Adult Lunch - \$3.55
We encourage you to monitor your child's lunch account online to keep your balance current

Wednesday Mar 1
 Peanut Butter Lover's Day
Breakfast:
 PB Choc Chip Granola Bar w/ Cheese Cubes
Lunch:
 Teriyaki Flavored Beef Bites
 Buttery Mashed Potatoes
 Dinner Roll
 Caesar Salad

Thursday Mar 2
Breakfast:
 Mini Cinnamon Bagels
Lunch:
 Mini Corn Dogs
 Potatoes
 Roasted Veggies
 Side Salad
 Pineapples

Monday Mar 3
Breakfast:
 French Toast Sticks
Lunch:
 Pizza (Pepperoni or Cheese)
 Corn Cobette
 Peas
 Mandarin Oranges
 Cookie

OFF THE GRIDDLE.

Eating a healthy breakfast is SO important, we shouldn't let traditional thinking stop us from eating a morning meal. Don't like eggs or juice or bananas or bacon? Have a piece of ham with fresh veggies on 100% wheat bread. It's still breakfast, we promise!



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

National School Breakfast Week March 6-10, 2017

National School Breakfast Week

Monday Mar 6
Breakfast:
 Egg & Cheese Croissant w/ Strawberry Craisins
Lunch:
 Cheeseburger
 Quesadilla
 Sweet Potato Fries
 Green Beans
 Pineapple

Tuesday Mar 7
Breakfast:
 Breakfast Calzone & Fruit Cup
Lunch:
 Rosemary Garlic Baked Chicken
 Parmesan Pasta
 Steamed Carrots
 Corn
 Apple Slices

Wednesday Mar 8
Breakfast:
 Homemade Cran Apple Muffins w/ Cheese Cubes
Lunch:
 Chicken Bacon Wrap
 Chips
 Roasted Cauliflower
 Baked Beans
 Mandarin Oranges

Thursday Mar 9
Breakfast:
 Sausage, Egg & Cheese Muffin Cups w/ Toast
Lunch:
 Spaghetti w/ Penne pasta
 Garlic breadstick
 Broccoli & Cheese
 Caesar Salad
 Peaches

Friday Mar 10
Breakfast:
 Peachy King Parfait & Chocolate Chip Grippz
Lunch:
 Fish Sticks w/ tartar sauce
 French Fries
 Corn
 Applesauce Cup
 Cookie

Parents: Are your mornings hectic? Take advantage of healthy breakfast options at school.

SCHOOL BREAKFAST Challenge

Kids! Join us for National School Breakfast Week March 6-10, 2017

DON'T GET!
To make a lunch,
choose at least one

Fruit/Juice or Veggie

Grains Milk Protein
and 3-5 items total
Fruit/Juice Vegetables



Every complete meal we serve comes with your choice of milk!

MARCH 13-17 NO SCHOOL NORTH CRAWFORD SPRING BREAK

No School
Spring Break for
North Crawford
Remember :
Wear your GREEN

St. Patrick's Day March 17

Monday Mar 20

Breakfast:
Strawberries n Cream
Oatmeal
High School-
Grab n go

Lunch:
Mini Corn Dogs
Smiley Potatoes
Corn
Grapes

Tuesday Mar 21

Breakfast:
Breakfast Slider
High School-
Grab n go

Lunch:
BBQ Sandwich
Seasoned Potato
Wedges
Steamed Carrots
Fruit Cocktail

Wednesday Mar 22

Breakfast:
Cereal or Cereal Bar
High School-
Grab n go

Lunch:
Breaded Chicken
Sandwich
Tater Tots
Caesar Salad
Banana

Thursday Mar 23

Breakfast:
Cereal
High School-
Grab n go

Lunch:
Red Beans and Rice
with Smoked Sausage
Garlic Texas Toast
Green Beans
Peaches
Cookie

Friday Mar 24

Breakfast:
Muffin and Yogurt
High School-
Grab n go

Lunch:
Fish Sandwich
Chips
Baked Beans
Dinner Roll
Apple

Monday Mar 27

Breakfast:
Biscuits and Gravy
High School-
Grab n go

Lunch:
Hamburger
French Fries
Roasted Veggies
Side Salad
Strawberries

Tuesday Mar 28

Breakfast:
Pancake Sausage Stick
High School-
Grab n go

Lunch:
Hot Dog w/ Chili
Chips
Baked Beans
Roasted Broccoli
Orange Wedges

Wednesday Mar 29

Breakfast:
Sweet Bread
High School-
Sweet Bread

Lunch:
Pulled Pork Sandwich
Chips
Roasted Cauliflower
Applesauce Cup

Thursday Mar 30

Breakfast:
Strawberry Smoothie
High School-
Grab n go

Lunch:
Nachos with meat and
Cheese
Spanish Rice
Refried Beans
Jello Fruit Cup

Friday Mar 31

Breakfast:
Cereal or
Cereal Bar
High School-
Grab n go

Lunch:
Grilled Cheese &
Tomato Soup
Side Salad
Roasted Brussel Sprouts
Pears

HAPPY ST. PATRICK'S DAY!

NUTRITION TO GO

Here's the bottom line: the best way to cook vegetables is whatever way that makes you want to eat more of them! But as much as 25% or more of Vitamin C and the B vitamins may be lost when veggies are boiled. To keep more of the vitamins, cook veggies by grilling, steaming, microwaving with just a little water, or stir-frying with a bit of healthy oil.

A TASTY MORSEL FOR TEENS

eatfit wanna stay fit?
gotta eat right!

item: fast food chicken sandwich
verdict: don't chuck the cluck,
just eschew the goo

tip: Two problems with the standard bird-on-a-bun at the local fast food joint: it's deep fried and it's oozing with special sauce, mayo, cheese-like substance, or some other goo. Two solutions: choose a broiled or grilled bird and, to get all the way down to 300 calories and 3.5g of fat, hold the automatic mayo or sauce (try mustard instead). And while you're at it, ask the kid behind the counter to define the word "eschew."

510 30 21
CALORIES 200
FIT METER

Based on a deluxe chicken sandwich at a major chain.

