

	Monday	Tuesday	Wednesday	Thursday	Friday
Spotlight Salad of the Week: CHEF					March 1 Extra Cheesy Pizza* Sliced Carrots Pears
Spotlight Salad of the Week: CHEF	March 4 Chicken Sandwich* with Lettuce & Tomato Green Beans Peaches	March 5 All-Beef Hot Dog serve on a Bun Corn Mixed Fruit	March 6 Super Nachos Salsa Black Beans Fruit	March 7 Sub Sandwich with Chicken Meatballs, Marinara Broccoli Florets Applesauce	March 8 Cheese French Bread Pizza* Baby Carrots Pears
Spotlight Salad of the Week: CHEF	March 11 Chicken Tenders* with BBQ Dipping Sauce & Breadstick* Sliced Carrots Peaches	March 12 Turkey & Cheese serve on a Sub Bun Oven-Baked Spiral-Cut French Fries Mixed Fruit	March 13 Chicken Corn Dog Corn Kettle-Baked Beans Pineapple	March 14 Chicken Enchilada* with Salsa Verde Southwestern Black Bean Salad Calabacitas (zucchini & tomatoes) Applesauce 	March 15 Cheese Individual Pan Pizza* Capri Blend Veggies Pears
	March 18 SPRING BREAK	March 19 SPRING BREAK	March 20 SPRING BREAK	March 21 SPRING BREAK	March 22 SPRING BREAK
Spotlight Salad of the Week: CHEF	March 25 Oven- Fried Chicken Drumstick & Breadstick Kettle-Baked Beans Fruit	March 26 Meat Ball Sub with Mozzarella California Blend Veggies Fruit	March 27 Bosco Sticks with Marinara sauce Broccoli Fruit	March 28 All-Beef Hot Dog on a Bun Kettle-Baked Beans Fruit	March 29 Cheese French Bread Pizza Baby Carrots Fruit



Available Each Day: Side Salad / Fresh Fruit
Sunbutter & Jelly Sandwich* with Yogurt
1% & Skim White Plus Fat-Free Chocolate Milk

SPECIAL TREAT EVERY THURSDAY

Color Me Blue/Purple

Blue and purple fruits and vegetables add beautiful color to your plate and health-enhancing antioxidants, phytochemicals, and flavonoids to your diet. Purple and blue produce helps to lower the risk of some cancers, promote urinary tract health, and maintain memory function. Are you familiar with blue and purple fruits and veggies such as eggplant, purple cabbage, purple peppers, purple grapes, and blueberries?

Where is the **Culinary Explorations** team this time? **Santa Fe, New Mexico!** This month, tickle your taste buds with a special meal of chicken enchiladas, southwestern black bean salad, and a zucchini and tomato dish called calabacitas. Did you know Santa Fe's full name is "La Villa Real de la Santa Fe de San Francisco de Asis" which translates to "The Royal City of the Holy Faith of Saint Francis of Assisi?"