

Alief Montessori Community School

March 2020 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 2 Turkey Sandwich Tater Tots Baby Carrots Celery sticks Orange Milk, 1% or Fat Free Ketchup Ranch Dressing	Mar - 3 Chicken Nuggets Mac & Cheese Corn Peaches Wheat Bread Milk, 1% or Fat Free	Mar - 4 Chicken & Gravy Brown Rice Green Beans Carrots Hot Roll Pineapple Milk, 1% or Fat Free	Mar - 5 BBQ Chicken Sandwich Baked Beans Carrots Broccoli Peaches Milk, 1% or Fat Free	Mar - 6 Cheese Pizza Garbanzo Beans Baby Carrots Orange Ranch dressing Milk, 1% or Fat Free
Mar - 9 Chicken Chili Crispito Refried Beans Lettuce Tomato Salad Pineapple Milk, 1% or Fat Free	Mar - 10 Oven Baked Chicken Mashed Potatoes & Gravy Broccoli Carrots Mixed Fruit Hot Roll Milk, 1% or Fat Free	Mar - 11 Fish Sticks Corn Green Beans Pineapple Wheat Bread Milk, 1% or Fat Free Ketchup	Mar - 12 Chicken/Noodles Garbanzo Beans Carrots Green Beans Hot Roll Mixed Fruit Milk, 1% or Fat Free	Mar - 13 Ham & Egg Salad Sandwich Tater Tots Baby Carrots Garbanzo Beans Orange Milk, 1% or Fat Free Ketchup Ranch Dressing
Mar - 16 Spring Break	Mar - 17 Spring Break	Mar - 18 Spring Break	Mar - 19 Spring Break	Mar - 20 Spring Break
Mar - 23 Fajita Chicken Strips Pinto Beans Lettuce Tomato Salad Wheat Tortilla Pineapple Milk, 1% or Fat Free	Mar - 24 Turkey Nachos Cheese Sauce Tortilla Chips Lettuce Tomato Salad Peaches Milk, 1% or Fat Free	Mar - 25 Turkey Lasagna Garbanzo Beans Green Beans Hot Roll Mixed Fruit Milk, 1% or Fat Free	Mar - 26 Cheese Burger Lettuce Tomato Salad French Fries Peaches Milk, 1% or Fat Free	Mar - 27 Cheese Pizza Garbanzo Beans Baby Carrots Orange Ranch Dressing Milk, 1% or Fat Free
Mar - 30 Spaghetti/Turkey Garbanzo Beans Corn Green Beans Wheat Bread Mixed Fruit Milk, 1% or Fat Free	Mar - 31 Chicken Nuggets Mac & Cheese Corn Peaches Wheat Bread Milk, 1% or Fat Free			

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***N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.**

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HADLEY HEN



Hadley Hen was always a smart chick, but one day a radioactive ray of sunlight landed on her head and gave her super intelligence. The eggs that she lays provide protein, vitamins and minerals for kids every day at breakfast. Eggs are a smart way to make the grade and help you feel great all day!

HADLEY HEN'S FAVORITE ACTIVITY

Bowling



WHAT TO KNOW

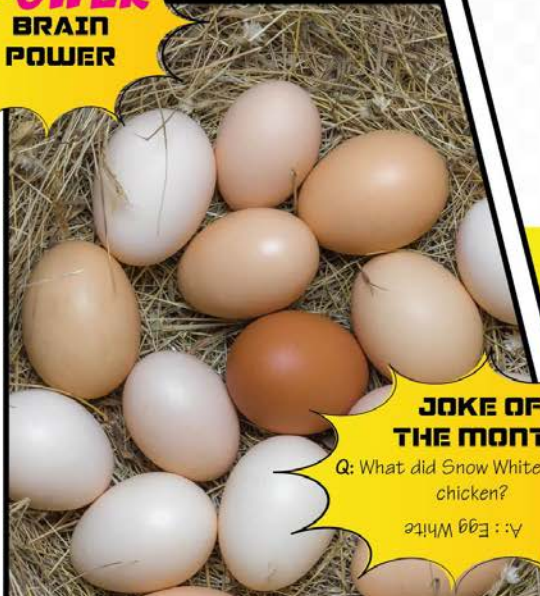
This month celebrate School Breakfast Week in Texas by starting each day with healthy Texas Foods.

School Breakfast Week is a great time to try foods from farms and ranches in every part of the state! There are almost 250,000 farms and ranches in Texas and that is more than any other state. Eggs, milk, lean meat, fruit, vegetables, and whole grains are all part of a good breakfast- and they're all produced right here in Texas.

POWER BRAIN POWER

FUN FACT

Eggs are an "egg-cellent" source of choline, a nutrient your entire body needs to grow!



JOKE OF THE MONTH

Q: What did Snow White call her chicken?

A: Egg White

HOW MANY?

Count the correct number of each fruit or vegetable below.



5		8	
3		7	
2		6	

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March 2020 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	
Mar - 2 Chocolate Chip Muffin Apple Juice Pineapple Milk, 1% or Fat Free	Mar - 3 Cinnamon French Toast Mixed Fruit Orange Juice Syrup Milk, 1% or Fat Free	Mar - 4 Sausage Croissant sandwich Peaches Orange Juice Milk, 1% or Fat Free	Mar - 5 Cheese Sandwich Pineapple Apple Juice Milk, 1% or Fat Free	Mar - 6 Cinnamon Frosted Flakes Mixed Fruit Orange Juice Milk, 1% or Fat Free	
Mar - 9 Blueberry Muffin Mixed Fruit Fruit Punch Milk, 1% or Fat Free	Mar - 10 Pancake Peaches Apple Juice Syrup Milk, 1% or Fat Free	Mar - 11 Bagel Pineapple Fruit Punch Cream Cheese Milk, 1% or Fat Free	Mar - 12 Sausage Croissant sandwich Peaches Orange Juice Milk, 1% or Fat Free	Mar - 13 Cheerios Mixed Fruit Orange Juice Milk, 1% or Fat Free	
Mar - 16 Spring Break	Mar - 17 Spring Break	Mar - 18 Spring Break	Mar - 19 Spring Break	Mar - 20 Spring Break	
Mar - 23 Chocolate Chip Muffin Pineapple Apple Juice Milk, 1% or Fat Free	Mar - 24 Cinnamon French Toast Mixed Fruit Orange Juice Syrup Milk, 1% or Fat Free	Mar - 25 Sausage Croissant sandwich Peaches Orange Juice Milk, 1% or Fat Free	Mar - 26 Cheese Sandwich Pineapple Apple Juice Milk, 1% or Fat Free	Mar - 27 Cinnamon Frosted Flakes Mixed Fruit Orange Juice Milk, 1% or Fat Free	
Mar - 30 Blueberry Muffin Mixed Fruit Fruit Punch Milk, 1% or Fat Free	Mar - 31 Pancake Peaches Apple Juice Syrup Milk, 1% or Fat Free				

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March 2020 Snack

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 2 String Cheese Stick Apple Juice	Mar - 3 Snack Mix Orange Juice	Mar - 4 Cheeze-it Crackers Fruit Punch	Mar - 5 Chex Mix, Strawberry/ Apple Juice	Mar - 6 Crunchmania Cinnamon Bun Snacks Orange Juice
Mar - 9 Boiled Egg Fruit Punch	Mar - 10 Cheddar Chex Mix Apple Juice	Mar - 11 Chex Mix, Strawberry/ Orange Juice	Mar - 12 String Cheese Stick Fruit Punch	Mar - 13 Snack Mix Apple Juice
Mar - 16 Spring Break	Mar - 17 Spring Break	Mar - 18 Spring Break	Mar - 19 Spring Break	Mar - 20 Spring Break
Mar - 23 Cheddar Chex Mix Apple Juice	Mar - 24 Crunchmania Cinnamon Bun Snacks Orange Juice	Mar - 25 Lil Graham Square Apple Juice	Mar - 26 Cheeze-it Crackers Fruit Punch	Mar - 27 String Cheese Stick Orange Juice
Mar - 30 Snack Mix Orange Juice	Mar - 31 Boiled Egg Fruit Punch			

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