

March 2024 Menu

Blue Hill Consolidated School

Monday	Tuesday	Wednesday	Thursday	Friday
<u>BREAKFAST</u> 4 Muffin Yogurt	<u>BREAKFAST</u> 5 French Toast Sticks Yogurt	<u>BREAKFAST</u> 6 Oatmeal Yogurt	<u>BREAKFAST</u> 7 Pancakes Sausage	<u>BREAKFAST</u> 8 Cereal Yogurt
<u>LUNCH</u> Popcorn Chicken Sweet Potato Fries	<u>LUNCH</u> Beef Taco Corn	<u>Read Across America</u> Spaghetti & Meatballs <i>Strega Nona - Cloudy With a Chance of Meatballs</i> Carrots <i>Runaway Bunny</i> Apple <i>The Giving Tree</i> Cake <i>If You Give A Mouse A Cookie</i>	<u>LUNCH</u> Fish Sandwich Green Beans	<u>LUNCH</u> Pizza Broccoli Graham Crackers
<u>BREAKFAST</u> 11 Muffin Yogurt	<u>BREAKFAST</u> 12 French Toast Sticks Yogurt	<u>BREAKFAST</u> 13 Oatmeal Yogurt	<u>BREAKFAST</u> 14 Jiffy Yogurt	No School 15
<u>LUNCH</u> Chicken Nuggets Sweet Potato Fries	<u>LUNCH</u> Chicken Taco Corn	<u>LUNCH</u> Chop Suey Garlic Bread Green Beans	<u>LUNCH</u> Pizza Broccoli Graham Crackers	In-Service
<u>BREAKFAST</u> 18 Muffin Yogurt	<u>BREAKFAST</u> 19 French Toast Sticks Yogurt	<u>BREAKFAST</u> 20 Oatmeal Yogurt	<u>BREAKFAST</u> 21 Breakfast Pizza Yogurt	<u>BREAKFAST</u> 22 Cereal Yogurt
<u>LUNCH</u> Chicken Burger Potato Wedges	<u>LUNCH</u> Chicken Quesadilla Pizza Corn	<u>LUNCH</u> Grilled Cheese Sandwich Tomato Soup	<u>LUNCH</u> Pancakes Sausage Hashbrown	<u>LUNCH</u> Pizza Broccoli Graham Crackers
<u>BREAKFAST</u> 25 Muffin Yogurt	<u>BREAKFAST</u> 26 French Toast Sticks Yogurt	<u>BREAKFAST</u> 27 Oatmeal Yogurt	<u>BREAKFAST</u> 28 Pancakes Sausage	<u>BRAKFAST</u> 29 Cereal Yogurt
<u>LUNCH</u> Popcorn Chicken Sweet Potato Fries	<u>LUNCH</u> Beef Taco Corn	<u>LUNCH</u> Chicken and Gravy Noodles Peas & Carrots	<u>LUNCH</u> Fish Sandwich Tater Tots Triple Choc. Cookie	<u>LUNCH</u> Pizza Broccoli Graham Crackers

MILK, SALAD BAR AND A CHOICE OF TWO FRUITS ARE OFFERED EVERY DAY WITH HOT LUNCH

MILK, JUICE AND A CHOICE OF TWO FRUITS ARE OFFERED EVERY DAY WITH BREAKFAST

Menu subject to change without notice.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.



EAT FRESH BUY LOCAL

**HARVEST OF THE MONTH
MARCH
PROTEIN**

PROTEIN SOURCES CAN BE PLANT OR ANIMAL-BASED. SOY PRODUCTS (LIKE TOFU OR TEMPEH), NUTS, SEEDS, AND LEGUMES ARE ALL TYPES OF PLANT-BASED PROTEINS.

Breakfast Facts

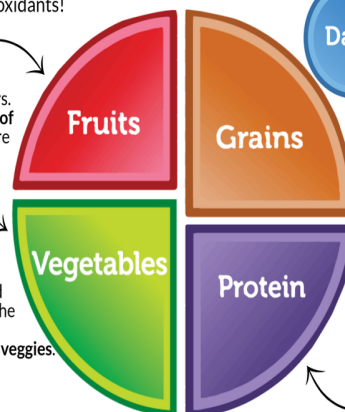
- Breakfast means...Break the Fast after a long nights sleep
 - Eat every 3 – 4 hours during the day
 - 9 hours of sleep prevents you from eating
- Decreases muscle/protein breakdown for energy throughout the day – Spares protein stores
- Not eating breakfast causes irritability & fatigue
- Breakfast improves mental alertness & physical performance – Improved brain function

MyPlate: A Guide

Make half your plate fruits and veggies. They're packed with fiber & antioxidants!

Fruit: Eat fruits of all colors. Go for fruit instead of juice, which has more fiber and fewer calories.

Vegetables: The more colors and types that you eat, the better! Aim to get mostly non-starchy veggies.



Dairy: 3 servings per day gets you the calcium you need. Choose low-fat for fewer calories.

Grains: Eat mostly whole grains. Refined grains, like white bread and white rice, have less nutrition. Whole grains have more fiber, iron, and B vitamins.

Protein: A palm-sized amount at lunch and dinner is all you need. Beans, nuts, fish, and chicken are good, lean choices.

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