

March 2016



Tamworth Tigers Cub Cafe

LUNCH

School Information:



*LF & Skim milk served with all meals.
Hearty breakfast offered every morning.
Fresh fruit or vegetable available to all students daily.*

USDA & this school are equal opportunity employers.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

*Good Nutrition and Healthy Life Style Choices for Our Students
Making a difference one bite at a time!*



Monday



Tuesday

Wednesday

Thursday

Friday

Alternates:

3/1-3/3: Tuna Salad Sandwich
3/6-3/10: Turkey Sandwich
3/13-3/17: Ham Sandwich
3/20-3/24: Egg Salad Sandwich
3/27-3/31: Tuna Salad Sandwich

Read across America 1

Spaghetti & Marinara Sauce
Fresh Salad
Garlic Bread
Fruit

2
Dr. Seuss Birthday one fish two fish

Fish Nuggets
Smile Fries
Spinach & Fruit Salad
Ginger Bread

Pizza Party 3

Cheese Pizza
Fresh Salad
Fruit

6

Hamburgers
Homemade French Fries
Veggie Sticks
Fruit

National Pancake Day 7

Banana Chocolate Pancakes
Sausage Patties
Roasted Squash
Fruit

8

Chicken Parmesan
Fresh Salad
WG Dinner Roll
Fruit

9
Peanut Butter & Jelly

Veggie Sticks
Fruit
Let us know if your child needs a bagged lunch/SKI DAY!

10

Pizza Party
Pepperoni Pizza
Fresh Salad
Fruit

Daylight savings begins the 12th.

13

French Toast Sticks
Baked Ham
Roasted Vegetables
Fruit

14

Chicken Enchiladas
Herbed Rice
Salad Bar
Fruit

15

Shepherd's Pie
WG Dinner Roll
Baby Carrots
Fruit

16

Turkey Pot Pie
Cheese Biscuits
Fruit

17

Pizza Party
St. Patrick's Day!
Cheese Pizza
Fresh Salad
Fruit

20

National Ravioli Day!
First day of Spring!
Raviolis
Spinach & Fruit Salad
Dinner Roll/Fruit

21

Taco Tuesday
Tacos
Mexican Rice
Salad Bar/ Fruit

22

Salisbury Steak
Mashed Potato
Dinner Roll
Peas
Fruit

23

Grilled Cheese
Campbell's Tomato Soup
Veggie Sticks
Apple Crisp

24

Pizza Party
Pepperoni Pizza
Fresh Salad
Fruit

27

Bacon & Egg Muffin Sandwich
Roasted Vegetables
Fruit

28

Chicken Fajita with sautéed peppers and onions
Salad Bar
Fruit

29

Macaroni & Cheese
WG Dinner Roll
Fresh Broccoli
Fruit

30

Yogurt Parfait Bar
Homemade Bread
Hard Boiled Eggs
Fruit

31

Pizza Party
Cheese Pizza
Fresh Salad
Fruit