



Steger Primary Center

Menus are subject to change.



There are more pet fish in the U.S. than any other kind of pet

Over 150 million!

Friday, March 1

Breakfast

Cereal Bar

Lunch

Cheese Pizza

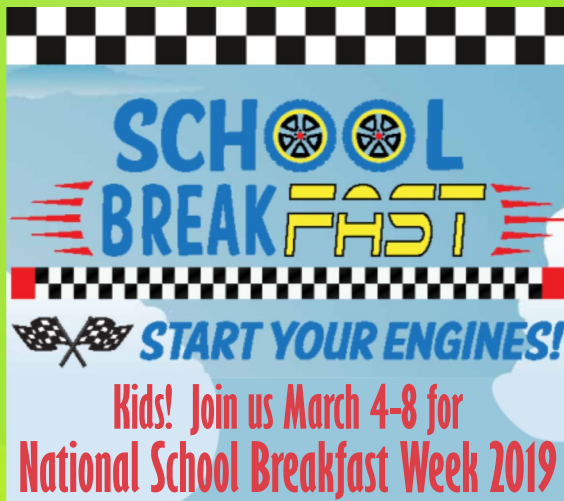
OR

Jammer

Squash

Fruit

Milk



Monday, March 4

Breakfast

Cereal Bar

Lunch

Hamburger

OR

Ham and Cheese Sandwich

Sweet Potato Fries

Fruit

Milk

Tuesday, March 5

Breakfast

Waffle

Lunch

Grilled Cheese Sandwich

OR

Chef Salad

Celery

Juice

Milk

Wednesday, March 6

Breakfast

Breakfast Pizza

Lunch

Beef and Cheese Nacho

OR

Turkey and Cheese Plate

Broccoli

Fruit

Milk

Thursday, March 7

Breakfast

Apple Bosco

Lunch

Hotdog

OR

Ham Roll Up

Baked Beans

Juice

Milk

Friday, March 8

Breakfast

Cereal Bar

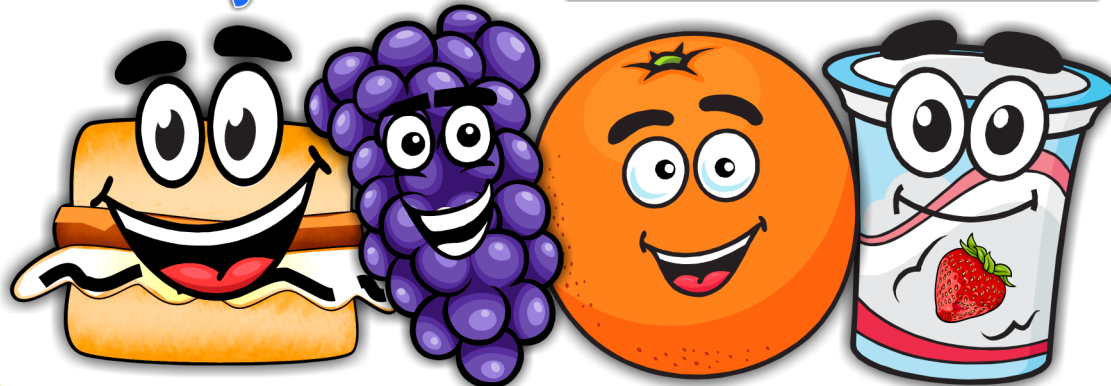
Lunch

No

Lunch

Served

come join us for **Breakfast@School**



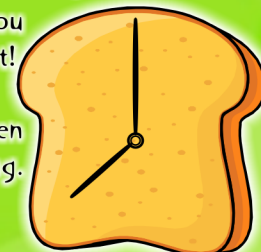
OFF THE CLOCK.

A clock can't always tell you when it's time for breakfast!

Eat at home, before you start your day. Or eat when you get where you're going.

Or eat something mid-morning. Research even

suggests kids learn and feel better when they eat TWO smaller healthy breakfasts.



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

Spring Forward



Sunday, March 10



What's on **YOUR** plate?

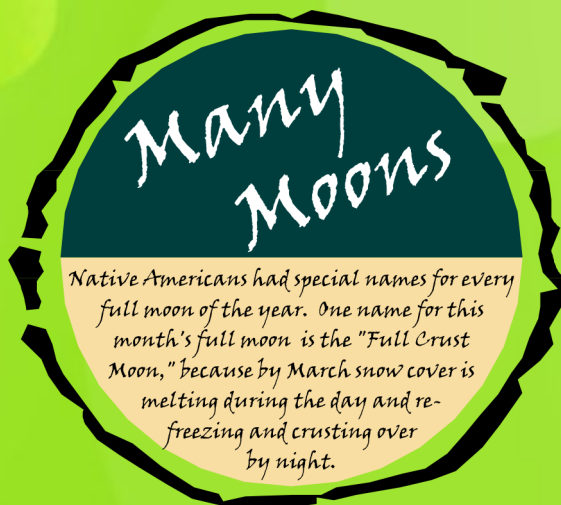


Q: What can you do with a **LEEK?!**

- A. Stick your finger in it until help comes!
- B. Call a plumber to fix it!
- C. ABANDON SHIP!
- D. None of the above

A: The answer is D – none of the above. The other choices are all **LEAKS**, not **LEEKS**! Leeks are mild-flavored veggies related to onions that are often used to flavor soups, but can also be enjoyed sliced and sauteed!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



Monday, March 11

Breakfast

Cereal Bar

Lunch

Chicken Tenders W/ Roll
OR
Ham and Cheese Plate

Carrots
Fruit
Milk

Tuesday, March 12

Breakfast

Pancakes

Lunch

Meatball and Breadstick
OR
Turkey and Cheese Sandwich

Italian Green Beans
Juice
Milk

Wednesday, March 13

Breakfast

Breakfast Pizza

Lunch

Corn Dog
OR
Ham and Cheese Wrap

Sweet Potato Fries
Fruit
Milk

Thursday, March 14

Breakfast

Egg and Cheese Muffin

Lunch

Chicken Taco
OR
Chicken Ranch Wrap

Green Peas
Juice
Milk

Friday, March 15

Breakfast

Cereal Bar

Lunch

Cheese Pizza
OR
Jammer

Turnip greens
Fruit
Milk

Monday, March 18

Breakfast

Cereal Bar

Lunch

Chicken Nuggets W/ Roll
OR
Ham and Cheese Sandwich

Fries
Fruit
Milk

Tuesday, March 19

Breakfast

Waffles

Lunch

Bosco Sticks
OR
Chef Salad

Side Salad
Juice
Milk

Wednesday, March 20

Breakfast

Breakfast Pizza

Lunch

Meatloaf W/ Roll
OR
Turkey and Cheese Plate

Cauliflower
Fruit
Milk

Thursday, March 21

Breakfast

Omelet W/ Bagel

Lunch

Hotdog
OR
Ham Roll Up

Navy Beans
Juice
Milk

Friday, March 22

Breakfast

Cereal Bar

Lunch

Cheese Pizza
OR
Jammer

Red peppers
Fruit
Milk

Monday, March 25

Breakfast

Cereal Bar

Lunch

Hamburger
OR
Ham and Cheese Plate

Red Beans
Fruit
Milk

Tuesday, March 26

Breakfast

Pancakes

Lunch

Beef and Cheese Taco
OR
Turkey and Cheese Sandwich

Sliced Cucumbers
Juice
Milk

Wednesday, March 27

Breakfast

Breakfast Pizza

Lunch

Macaroni and Cheese
OR
Ham and Cheese Wrap

Collard Greens
Fruit
Milk

Thursday, March 28

Breakfast

French Toast

Lunch

Chicken Rings
OR
Chicken Ranch Wrap

Mashed Sweet Potatoes
Juice
Milk

Friday, March 29

Breakfast

Cereal Bar

Lunch

Cheese Pizza
OR
Jammer

Carrots
Fruit
Milk