



**Steger Intermediate Center**

Menus are subject to change.

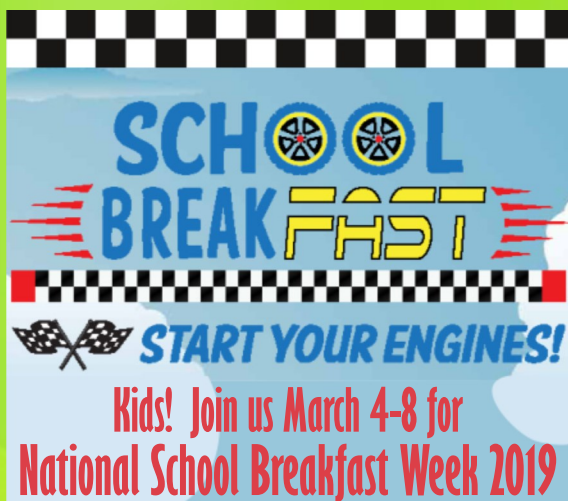


**Friday, March 1**

**Breakfast**  
Cereal Bar

**Lunch**  
Fan Cheering Cheeseburger  
OR  
Jammer

Squash  
Fruit  
Milk



**Monday, March 4**

**Breakfast**  
Cereal Bar

**Lunch**  
Chicken Patty  
OR  
Ham and Cheese Plate

Sweet Potato Fries  
Fruit  
Milk

**Tuesday, March 5**

**Breakfast**  
Waffle

**Lunch**  
Chicken Rice Bowl  
OR  
Turkey Sandwich

Celery  
Juice  
Milk

**Wednesday, March 6**

**Breakfast**  
Breakfast Pizza

**Lunch**  
Spaghetti W/ Meat Sauce  
OR  
Chicken Ranch Wrap

Broccoli  
Fruit  
Milk

**Thursday, March 7**

**Breakfast**  
Apple Bosco

**Lunch**  
Bosco Stick  
OR  
Turkey Wrap

Baked Beans  
Juice  
Milk

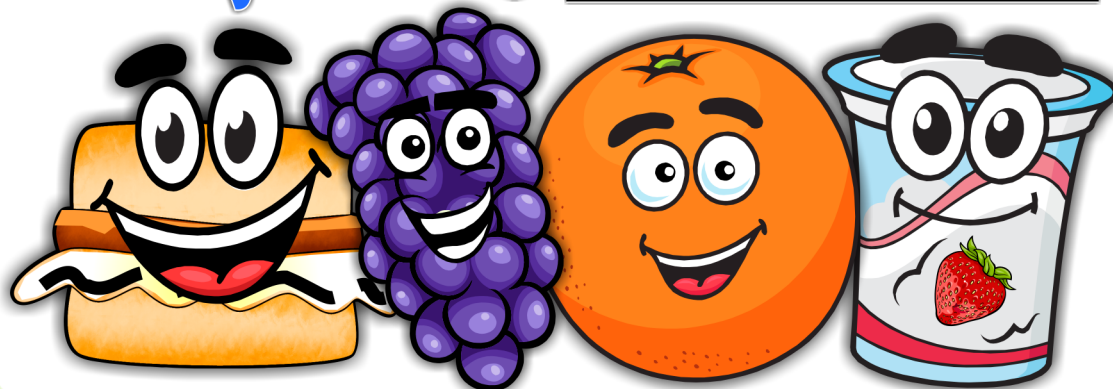
**Friday, March 8**

**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.

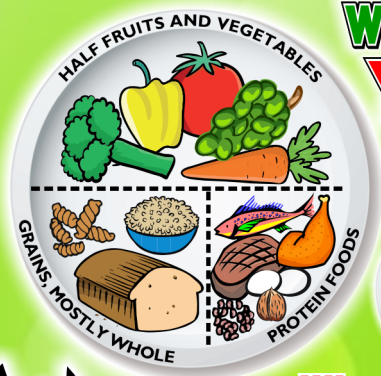


**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

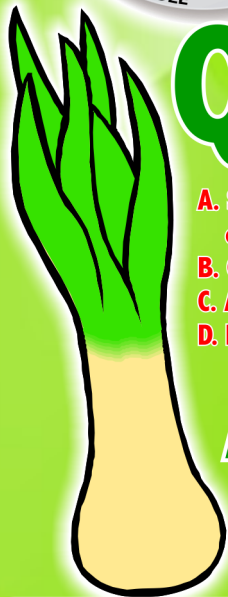
**Spring Forward**



**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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, March 11**

### Breakfast

Cereal Bar

### Lunch

Chicken Nuggets  
OR  
Ham and Cheese Sandwich

Carrots  
Fruit  
Milk

**Tuesday, March 12**

### Breakfast

Pancakes

### Lunch

Beef and Bean Burrito  
OR  
Turkey Roll-Up

Italian Green Beans  
Juice  
Milk

**Wednesday, March 13**

### Breakfast

Breakfast Pizza

### Lunch

Meatball Sub  
OR  
Ham Wrap

Sweet Potato Fries  
Fruit  
Milk

**Thursday, March 14**

### Breakfast

Egg and Cheese Muffin

### Lunch

Ham and Cheese Panini  
OR  
Turkey 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 Patty  
OR  
Ham and Cheese Plate

Fries  
Fruit  
Milk

**Tuesday, March 19**

### Breakfast

Waffle

### Lunch

Taco Pie  
OR  
Turkey Sandwich

Side Salad  
Juice  
Milk

**Wednesday, March 20**

### Breakfast

Breakfast Pizza

### Lunch

Mac N Cheese  
OR  
Chicken Ranch Wrap

Cauliflower  
Fruit  
Milk

**Thursday, March 21**

### Breakfast

Omelet W/ Bagel

### Lunch

Grilled Cheese  
OR  
Turkey Wrap

Navy Beans  
Juice  
Milk

**Friday, March 22**

### Breakfast

Cereal Bar

### Lunch

Pepperoni Pizza  
OR  
Jammer

Red peppers  
Fruit  
Milk

**Monday, March 25**

### Breakfast

Cereal Bar

### Lunch

Chicken Nuggets  
OR  
Ham and Cheese Sandwich

Red Beans  
Fruit  
Milk

**Tuesday, March 26**

### Breakfast

Pancakes

### Lunch

Cheese Quesadilla  
OR  
Turkey Roll-Up

Sliced Cucumbers  
Juice  
Milk

**Wednesday, March 27**

### Breakfast

Breakfast Pizza

### Lunch

Meatloaf  
OR  
Ham Wrap

Collard Greens  
Fruit  
Milk

**Thursday, March 28**

### Breakfast

French Toast

### Lunch

Hotdog on a Bun  
OR  
Turkey Wrap

Mashed Sweet Potatoes  
Juice  
Milk

**Friday, March 29**

### Breakfast

Cereal Bar

### Lunch

Cheese Pizza  
OR  
Jammer

Corn  
Fruit  
Milk

## Many Moons

Native Americans had special names for every full moon of the year. One name for this month's full moon is the "Full Crust Moon," because by March snow cover is melting during the day and re-freezing and crusting over by night.