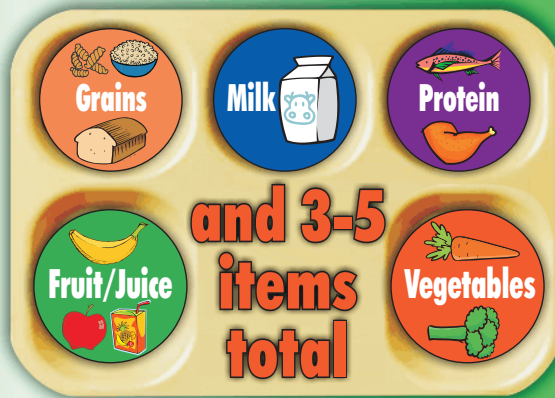


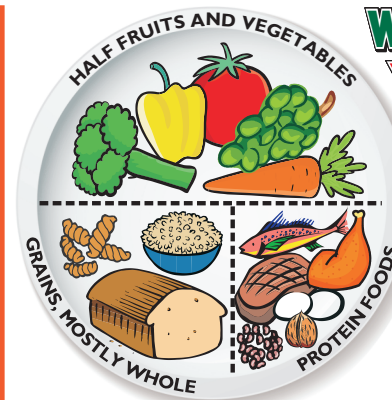
**DON'T 4GET!**  
To make a lunch,  
choose at least one



or



ROMA ISD NUTRITION SERVICES



What's on  
**YOUR**  
plate?



**MARCH BIRTHDAYS**

Justin Bieber (23) -- March 1  
Dr. Seuss (Ted Geisel) -- March 2  
Harriet Tubman -- March 10  
Big Sean (29) -- March 25  
Lady Gaga (31) -- March 28  
Cesar Chavez -- March 31



**REAL Irish food!**

Corned beef and cabbage? Sorry, not really a traditional Irish meal! But here's an easy (and scrumptious) dish to try that IS authentically Irish: "Colcannon." It's usually a combination of mashed potatoes with kale, green onions, and sweet cream butter, and Colcannon is about as Irish as food gets — especially when, as here, it's served with lamb and roasted root vegetables! There's even an old



traditional song about this Irish favorite:

Did you ever eat Colcannon, made from lovely pickled cream?  
With the greens and scallions mingled like a picture in a dream.  
Did you ever make a hole on top to hold the melting flake  
Of the creamy, flavoured butter that your mother used to make?

Colcannon is easy to make and there are plenty of recipes with all sorts of variations on-line! And besides, how many songs do you know about corned beef and cabbage?!

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 27**

**Breakfast**

French Toast Sticks  
Fresh Fruit  
Fruit Juice

**Lunch**

Cheeseburger  
Burger Salad  
Pickles  
Curly Fries  
Sliced Peaches

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**Tuesday, March 21**

**Breakfast**

Sausage & Biscuit  
Fresh Fruit  
Fruit Juice

**Lunch**

Bean and Cheese Burrito  
Corn on Cob  
Romaine Lettuce  
Shredded Carrots  
Tomato Slices  
Fruit Cup

**Wednesday, March 22**

**Breakfast**

Assorted Cereals  
Scooby Grahams  
Fresh Fruit  
Fruit Juice

**Lunch**

Beef Enchiladas  
Beans a la Charra  
Spanish Rice  
Romaine Lettuce  
Cherry Tomatoes  
Mandarin Oranges

**Thursday, March 23**

**Breakfast**

Chicken Patty Sandwich  
Fresh Fruit  
Fruit Juice

**Lunch**

Chicken Strips  
Rosemary New Potatoes  
Sliced Carrots  
Gala Apples  
Granola Chocolate Mix

**Friday, March 24**

**Breakfast**

Tamales  
Fresh Fruit  
Fruit Juice

**Lunch**

Roman Taco  
Tator Tots  
Romaine Lettuce  
Tomato Slices  
Pickles  
Pear Halves  
Sunchips

**Tuesday, March 28**

**Breakfast**

Pig-N-Blanket  
Fresh Fruit  
Fruit Juice

**Lunch**

Pepperoni Pizza  
Romaine Salad  
Cherry Tomatoes  
Cucumber Slices  
Carrot Slices  
Pineapple Tidbits

**Wednesday, March 29**

**Breakfast**

Assorted Cereals  
Elf Graham Crackers  
Fresh Fruit  
Fruit Juice

**Lunch**

Crispy Tacos  
Spinach  
Diced Tomatoes  
Mexicali Corn  
Beans a la Charra  
Applesauce  
Carnival Cookies

**Thursday, March 30**

**Breakfast**

Bacon & Egg Biscuit  
Fresh Fruit  
Fruit Juice

**Lunch**

Roman Sandwich  
Romaine Salad  
Tomato Slices  
Pickle Spears  
Tator Tots  
Baked Fantastix  
Pineapple Chunks

**Friday, March 31**

**Breakfast**

Breakfast Bars  
Graham Crackers  
Fresh Fruit  
Fruit Juice

**Lunch**

Clux Delux Chunks  
Macaroni & Cheese  
Baby Carrots  
Broccoli Florets  
Fruit Cocktail

All meals are served with choice of milk.