



K8 Menu  
for  
**March**  
2020

**Booker T Washington Academy**

This institution is an equal opportunity provider.



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

Over 150 million!

**NUTRITION TO GO**

Not many foods are as wholesome as a fresh potato. It's loaded with complex carbohydrates, and it also delivers protein and many vitamins and minerals. The skin actually contains more fiber, iron, calcium, and other nutrients per weight than the flesh. Processed potatoes aren't as nutritious as fresh.

**A QUICK BITE FOR PARENTS**

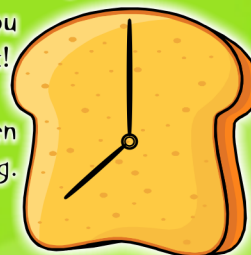
Monday, March 2	Tuesday, March 3	Wednesday, March 4	Thursday, March 5	Friday, March 6
<b>Cheese Ravioli with Tomato sauce , WG Bread</b>	<b>Swedish Meatballs with bow tie pasta</b>	<b>Hamburger on a bun, Cheese slice</b>	<b>Grilled Chicken with BBQ sauce with WG Brown Rice</b>	<b>WG Cheese Pizza</b>
<b>Choice of Two Seasoned Carrots Fresh Fruit</b>	<b>Choice of Two Tossed Salad Fresh Fruit</b>	<b>Choice of Two Tator Tots Pear Cup Salad Bar</b>	<b>Choice of Two Seasoned Beans Fresh Fruit</b>	<b>Choice of Two Tossed Salad Applesauce Cup</b>
<b>Choice of Milk Skim or 1% Low fat</b>	<b>Choice of Milk Skim or 1% Low fat</b>	<b>Choice of Milk Skim or 1% Low</b>	<b>Choice of Milk Skim or 1% Low fat</b>	<b>Choice of Milk Skim or 1% Low Fat</b>



Collage is a type of visual art made by sticking cloth, pieces of paper, photographs, and other objects onto a surface. Collage was invented by the famous Spanish painter Pablo Picasso. The word "collage" comes from the French word "coller," which means "to paste."

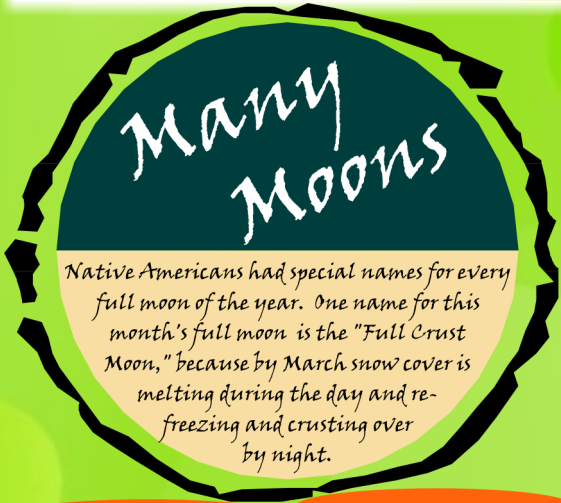
**OFF THE CLOCK.**

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!**


**AVAILABLE DAILY**  
**Yogurt Plate**  
**Deli Sandwich**  
**Sunbutter and Jelly Sandwich**  
**Daily Special Varies:**  
*(i.e. Tuna Sandwich,  
 Egg Salad Sandwich, etc.)*


**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.*

**Monday, March 9**

**Beef Taco with WG Tortilla**

Choice of Two  
Fiesta Corn Pineapple Cup

Choice of Milk  
Skim or 1% Low fat

**Tuesday, March 10**

**Turkey & Gravy with WG Bread**

Choice of Two  
Sweet Potatoes  
Fresh Fruit

Choice of Milk  
Skim or 1% Low fat

**Wed., March 11**

**Grilled Chicken with Gravy on a WG Roll**

Choice of Two  
Green Beans  
Fresh Fruit

Choice of Milk  
Skim or 1% Low fat

**Thursday, March 12**

**Meatballs & pasta with Marinara Sauce**

Choice of Two  
Tossed Salad  
Pear Cup

Choice of Milk  
Skim or 1% Low fat

**Friday, March 13**

**WG Cheese Pizza**

Choice of Two  
Tossed Salad  
Pineapple Cup

Choice of Milk  
Skim or 1% Low fat

**Monday, March 16**

**Teriyaki Chicken Dippers, WG Dinner Roll**

Choice of Two  
Green Beans  
Mandarin Oranges

Choice of Milk  
Skim or 1% Low fat

**Tuesday, March 17**

**Macaroni & Cheese WG Bread**

Choice of Two  
Seasoned Broccoli  
Peach Cup

Choice of Milk  
Skim or 1% Low fat

**Wed., March 18**

**Meatloaf & Gravy WG Bread**

Choice of Two  
Mashed Potatoes  
Fresh Fruit

Choice of Milk  
Skim or 1% Low fat

**Thursday, March 19**

**Chicken Patty Wg Dinner Roll**

Choice of Two  
Seasoned Carrots  
Fresh Fruit

Choice of Milk  
Skim or 1% Low fat

**Friday, March 20**

**WG Cheese Pizza**

Choice of Two  
Tossed Salad  
Pineapple Cup

Choice of Milk  
Skim or 1% Low fat

**Monday, March 23**

**Chicken Tenders WGR Biscuit**

Choice of Two  
Sweet Potatoes  
Fresh Fruit

Choice of Milk  
Skim or 1% Low fat

**Tuesday, March 24**

**Chicken Burger on a WG Bun**

Choice of Two  
Mixed Vegetables  
Mandarin Oranges

Choice of Milk  
Skim or 1% Low

**Wed., March 25**

**Baked Ziti**

Choice of Two  
Tossed Salad  
Fresh Fruit

Choice of Milk  
Skim or 1% Low fat

**Thursday, March 26**

**BBQ Beef Rib on a WG Roll**

Choice of Two  
Baked Beans  
Mixed Fruit Cup

Choice of Milk  
Skim or 1% Low fat

**Friday, March 27**

**WG Cheese Pizza**

Choice of Two  
Tossed Salad  
Pear Cup

Choice of Milk  
Skim or 1% Low Fat

**Monday, March 30**

**Sloppy Joe on a WG Roll**

Choice of Two  
Green Beans  
Fresh Fruit

Choice of Milk  
Skim or 1% Low fat

**Tuesday, March 31**

**Chicken Parmesan with WG Pasta**

Choice of Two  
Tossed Salad  
Peach Cup

Choice of Milk  
Skim or 1% Low fat