



**New Haven Public Schools**  
 Our program is Peanut/Tree nut, Pork, and Shellfish free!  
 This institution is an equal opportunity provider. Menus are subject to change.

**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>WG Cheerios</b> <b>Cheese Stick</b> <b>Peaches</b> <b>Milk</b>	<b>Cheese &amp; Egg on WG Biscuit</b> <b>Orange Juice</b> <b>Milk</b>	<b>WG Apple Muffin</b> <b>Hard Cook Egg</b> <b>Pears</b> <b>Milk</b>	<b>Oatmeal</b> <b>Blueberries</b> <b>Milk</b>	<b>WG Cinn.Roll</b> <b>Applesauce</b> <b>Milk</b>
<b>Lunch</b> <b>Toasted Cheese Sandwich on WG Bread</b> <b>Tomato Soup</b> <b>Applesauce</b>	<b>Lunch</b> <b>Hamburger on WG Bun</b> <b>Sweet Potato</b> <b>Oven Fries</b> <b>Banana</b>	<b>Lunch</b> <b>Sloppy Joe on WG Bun</b> <b>Corn</b> <b>Fresh Orange Slices</b>	<b>Lunch</b> <b>Chicken Fajitas, on a Soft wraps</b> <b>Rice and Beans</b> <b>Green Beans</b> <b>Mixed Fruit Cup</b> <b>Choice of Milk</b>	<b>Lunch</b> <b>WG Cheese Pizza</b> <b>Romain Garden Salad</b> <b>Apple Slices</b>
<b>Choice of Milk</b> <b>Skim or 1% Low</b>	<b>Choice of Milk</b> <b>Skim or 1% Low</b>	<b>Choice of Milk</b> <b>Skim or 1% Low</b>	<b>Choice of Milk</b> <b>Skim or 1% Low fat</b>	<b>Choice of Milk</b> <b>Skim or 1% Low Fat</b>



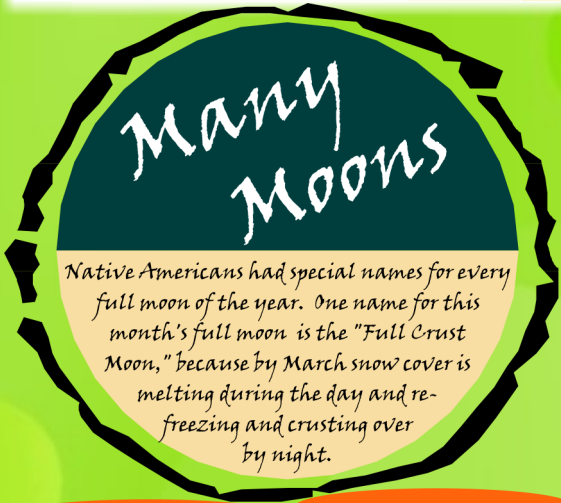
Collage is a type of visual art made by sticking cloth, pieces of paper, photographs, and other objects onto a surface. Collage was invented by the famous Spanish painter Pablo Picasso. The word "collage" comes from the French word "coller," which means "to paste."

## 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!**



**Monday, March 9**

**WG Apple Muffin Hard Cook Egg Pears Milk**

**Lunch  
Cheese Tortellini With Alfredo Sauce  
WG Dinner Roll  
Steamed Broccoli  
Apple Slices**

**Choice of Milk**

**Tuesday, March 10**

**WG Waffles Banana Milk**

**Lunch  
Hamburger on WG Bun  
Sweet Potato Wedges  
Fruit Cup**

**Choice of Milk  
Skim or 1% Low fat**

**Wed., March 11**

**WG Bagel with Cream cheese Orange juice Milk**

**Lunch  
BBQ Pulled Turkey on WG Roll  
Baked Beans  
Peaches**

**Choice of Milk  
Skim or 1% Low fat**

**Thursday, March 12**

**Oatmeal Blueberries Milk**

**Lunch  
Pasta & Meat Sauce,  
Garlic Knot Bread  
Green Beans  
Pears**

**Choice of Milk  
Skim or 1% Low fat**

**Friday, March 13**

**WG Cinn.Roll Applesauce Milk**

**Lunch  
WG Cheese Pizza  
Steamed Zucchini Sticks  
Orange Slices**

**Choice of Milk  
Skim or 1% Low fat**

**Monday, March 16**

**WG French Toast Sticks, Chicken Sausage Patty, Applesauce Milk**

**Lunch  
Grilled Cheese  
Tomato soup  
Peaches**

**Choice of Milk  
Skim or 1% Low fat**

**Tuesday, March 17**

**WG Cereal KIX Cheese Stick Banana Milk**

**Lunch  
BBQ Teriyaki Chicken,  
WG Chow Mein Noodles  
Oriental Vegetables  
Apple Slices**

**Choice of Milk  
Skim or 1% Low fat**

**Wed., March 18**

**Cinn. Raisin Bagel w/ cream cheese Orange Juice Milk**

**Lunch  
Chicken Pasta Alfredo,  
WG Roll  
Seasoned Green Beans  
Oranges Slices**

**Choice of Milk  
Skim or 1% Low fat**

**Thursday, March 19**

**Cheese Omelet WG Bread Cupped Peaches Milk**

**Lunch  
Beef Stew  
Corn Muffin  
Fresh Broccoli  
Pears**

**Choice of Milk**

**Friday, March 20**

**Apple Frudel Cupped Mixed Fruit Milk**

**Lunch  
WG Cheese Pizza  
Roman Garden Salad  
Fruit Cup**

**Choice of Milk  
Skim or 1% Low fat**

**Monday, March 23**

**Yogurt  
WG Granola  
Pears  
Milk**

**Lunch  
Macaroni and Cheese  
Seasoned Green Beans  
Mixed Fruit Cup**

**Choice of Milk  
Skim or 1% Low fat**

**Tuesday, March 24**

**WG Blueberry Muffin Hard Cook Egg Banana Milk**

**Lunch  
Saucy Meatballs On WG Roll  
Broccoli  
Pears**

**Choice of Milk  
Skim or 1% Low**

**Wed., March 25**

**WG Cheerios Cheese Stick Peaches Milk**

**Lunch  
Roasted Chicken Chunks and Waffles  
Steamed Corn  
Apple Wedges**

**Choice of Milk  
Skim or 1% Low fat**

**Thursday, March 26**

**Oatmeal Blueberries Milk**

**Lunch  
WG Cheese Pizza  
Roasted Zucchini Sticks  
Peaches**

**Choice of Milk  
Skim or 1% Low fat**

**Friday, March 27**

**WG Cinn.Roll Applesauce Milk**

**Lunch  
Roast Turkey, w/Gravy  
WG Dinner Roll  
Mashed Potatoes,  
Seasoned Carrots  
Apple Sauce**

**Choice of Milk**

**Monday, March 30**

**WG Pancakes, Cheese Stick, Orange Juice Fruit Cup Milk**

**Lunch  
Sloppy Joe on a WG Roll  
Season Corn  
Mixed Fruit Cup**

**Choice of Milk  
Skim or 1% Low fat**

**Tuesday, March 31**

**WG Cereal Kix Cheese Stick Peaches Milk**

**Lunch  
Hamburger on a Bun  
Sweet Potato Fries  
Fruit Cup**

**Choice of Milk  
Skim or 1% Low fat**