### Breakfast Prices

- **Reduced**: No Charge
- **One Day Regular**: $1.25
- **Five Day Regular**: $6.25

### Lunch Prices

- **One Day Reduced**: $0.40
- **Five Day Reduced**: $2.00
- **One Day Regular**: $2.05
- **Five Day Regular**: $10.25

School meal payments can be made at [www.MySchoolBucks.com](http://www.MySchoolBucks.com) or by calling 1-855-832-5226.

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### Everyday Favorites

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Baked Pizza</td>
<td>Mini Corn Dogs</td>
<td>Popcorn Chicken with a Dinner Roll</td>
<td>Cheeseburger</td>
<td>Bean &amp; Cheese Burrito</td>
</tr>
<tr>
<td>Nutrigrain Bar &amp; String Cheese Apple Juice</td>
<td>Mini Pancakes Apple Crisps Orange Chicken with Brown Rice Steamed Broccoli Diced Peaches</td>
<td>Turkey Ham &amp; Cheese Breakfast Sandwich Grape Juice Rotini with Meat Sauce Butterry Corn Fresh Kiwi Slices</td>
<td>Breakfast Burrito Applesauce Fresh Fruit &amp; Yogurt Plate with a Chocolate Chip Muffin Top Celery Sticks Fresh Seasonal Fruit</td>
<td>Banana Square Grapes Grilled Cheese Sandwich or PB&amp;J Jamwich Fruit Medly Mix Tropical Twist 100% Juice</td>
</tr>
</tbody>
</table>

### Lunch Menu

**Everyday Favorites**

- Fresh Baked Pizza
- Mini Corn Dogs
- Popcorn Chicken with a Dinner Roll
- Cheeseburger
- Bean & Cheese Burrito

**Grain items including bread, rolls, buns and cereals are whole grain rich (contain at least 51% whole grain).**

**The Garden Spot**

Every lunch includes a trip to the Garden Spot!

Here, students can select from a variety of fruits and vegetables. Choices may include: romaine lettuce or iceberg lettuce, diced tomatoes, baby carrots, celery sticks, broccoli, cauliflower, corn, peas, garbanzo beans, kidney beans, peaches, pears, applesauce, mixed fruit, mandarin oranges or pineapple along with fresh fruit options daily!

**Menu Morsel**

On Monday, March 2nd, we will celebrate Dr. Seuss’s birthday and Read Across America Day! Join us in the cafeteria for ABC Chicken Nuggets with a whole grain dinner roll, baby carrots and mandarin oranges. **Plus, one lucky winner from each school will win a Dr. Seuss book!**

**OFFERED DAILY AT LUNCH**

- **Breakfast Burrito**
- **Applesauce**
- **Grape Juice**
- **Tostada Boat**
- **Diced Pears**
- **Tater Tots**
- **Cinnamon Mini Bagels**
- **Grapes**
- **Homemade Spaghetti with Cheese Sticks**
- **Green Beans**
- **Mixed Fruit**

**BREAKFAST PRICES**

- Reduced ........................................... No Charge
- One Day Regular ................................. $1.25
- Five Day Regular ............................... $6.25

**BREAKFAST NOT SERVED AT ALL SCHOOLS**

**LUNCH PRICES**

- One Day Reduced ................................. $0.40
- Five Day Reduced ............................... $2.00
- One Day Regular ............................... $2.05
- Five Day Regular ............................... $10.25

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Harvest of the Month

Kiwi

Kiwifruits grow on vines like grapes. The fruit is small and round with a fuzzy brown skin that can be peeled or eaten. California produces around 98% of the kiwifruit grown in the United States. Other countries that grow kiwifruits are Italy, New Zealand and Chile.

Fun fact: the kiwifruit is named after New Zealand’s national bird, the “kiwi”.

Directions
1. Wash hands with warm water and soap. Wash fresh fruit before preparing.
2. Peel kiwi fruits and slice in thin rounds.
3. Arrange on a small plate.
4. Remove the green stems from strawberries.
5. Slice the strawberries over the kiwi fruit.
6. Drizzle orange juice over kiwi fruits and berries.

Source: azhealthzone.org/recipes/kiwi-and-berries

Kiwi and Berries

Ingredients
- 2 kiwi fruits
- 2 cups strawberries or other berries
- 1 Tbsp orange juice concentrate mixed with 1 Tbsp water

Source: azhealthzone.org/recipes/kiwi-and-berries

March 2nd – 6th is National School Breakfast Week! Start your day right with a nutritious and delicious school breakfast. Did you know that students who qualify for free or reduced priced lunch also qualify for free breakfast at school? Breakfast gives you the energy and focus you need to get through an entire day! A wholesome breakfast also makes it more likely that you will eat healthier throughout the day. Kids who get a good breakfast have better problem-solving skills, creativity and hand-eye coordination.

Celebrate National Nutrition Month®

March is National Nutrition Month®! This is the time to learn more about the importance of making healthy eating choices and physical activity habits. Some tips to keep in mind are:

- Be mindful of portion sizes when eating out.
- Be sure to fill half your plate with colorful fruits and vegetables.
- Always read food labels to help you make informed choices.
- Limit foods with "empty" calories and go for nutrient dense foods that are packed with fiber, vitamins and minerals.
- Make it a priority to reduce food waste by preplanning your meals for the week.

For more information on making healthy choices, visit eatright.org/resources/national-nutrition-month.

Children and adolescents should get about 60 minutes or more of physical activity every day. To gain substantial health benefits, adults 18 to 64 years of age should get about 150 minutes of moderate-intensity physical activity per week (about 30 minutes a day for 5 days) or 75 minutes of vigorous-intensity activity per week. Moderate-intensity activities are aerobic activities such as: brisk walking, swimming or bicycling that increase heart rate and breathing to a moderate extent. Vigorous-intensity activities are aerobic activities including jogging, running and tennis that increase heart rate and breathing greatly.

Menu items are subject to availability.