

Lunches may be prepaid.
 Make check payable to
 School Food Services.

HAMPDEN WILBRAHAM REGIONAL SCHOOL DISTRICT
Green Meadows

Menu subject to change
 based on product availability.

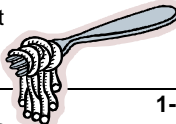
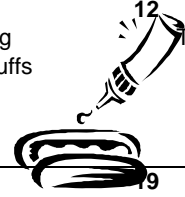


Elementary Lunch \$2.25

March 2010

Milk only \$.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Popcorn Chicken Rice Corn Fruit	2 Ham and Cheese Bagel Melt Potato Smiles Fruit	3 Turkey Wrap Honey Mustard Dressing Lettuce/Tomato Chicken Noodle Soup Fruit	4 Macaroni and Cheese Garden Salad Whole Wheat Pita Wedge Fruit	5 Pizza Garden Salad Fruit
8 French Toast Sticks Sausage Links Maple Syrup Apple Sauce	9 Mozzarella Sticks Tomato Sauce for Dipping Seasoned Noodles Green Beans Fruit	10 Hamburger on a Bun Lettuce/Tomato Oven Fries Fruit	11 Hot Dog Potato Puffs Fruit	12 Toasted Cheese Sandwich Tomato Soup Green Beans Fruit
15 Crispy Chicken Wrap Honey Mustard Dressing Lettuce/tomato Potato Puffs Fruit	16 Totally Taco Max Snacks Salsa for Dipping Rice Corn Fruit	17 Baked Potato Broccoli, Cheese and Bacon Bits Garden Salad Green Jello w/ Topping	18 Teriyaki Chicken Dippers Rice Glazed Carrots Fruit	19 Stuffed Crust Pizza Garden Salad Fruit
22 Chicken Nuggets Choice of Sauce Whipped Potato Fruit	23 Bosco Pepperoni & Cheese Sticks Tomato Sauce for Dipping Hot Vegetable Fruit	24 Pasta and Meatsauce Garden Salad Garlic Bread Fruit	25 Ham and Cheese Grinder Lettuce/Tomato Reduced Fat Chips Fruit	26 Mozzarella Sticks Tomato Sauce for Dipping Seasoned Noodles Green Beans Fruit
29 Waffle Sticks Fruit Topping/Syrup Sausage Links Fruit	30 Tacos Lettuce-Salsa-Cheese Rice Fruit	31 Chicken Burger Lettuce/Tomato Oven Fries Fruit	1-Apr Pizza Garden Salad Fruit	2 Good Friday No School



Choice of Fruit served every day.

Peanut Butter & Jelly Sandwich served every day

Choice of milk served with every lunch - 1% low-fat, or 1/2% chocolate

March

Fun Facts

Healthy Eating Tip: Teach Kids About Portions



In this world of supersized portions, teaching your kids about serving sizes by comparing them to everyday objects can help prevent them from eating more than they need, and maintain a healthy weight. It's a good tool for you to use, too!

2½ ounces meat:	size/thickness of a deck of cards
Medium piece of fruit:	a tennis ball
1 ounce of cheese:	4 stacked dice
½ cup ice cream:	tennis ball
½ cup rice, pasta, mashed potatoes or broccoli	about the size of a fist
1 tsp peanut butter:	the tip of your thumb
1 ounce of nuts:	one handful

Source: 'Seven Ways to Size Up Your Servings,' National Dairy Council®, 1996

Shamrock Milk Mixer

Mix up this Shamrock Milk Mixer for some green on St. Patrick's Day!

- 1 chocolate-mint sandwich cookie, crushed
- 1 cup low-fat milk
- 2 tablespoons pistachio instant pudding mix
- 1 drop green food coloring.



Place cookie in a small plastic bag and crush it with a rolling pin or your hands. Pour milk into a tall glass. Add pudding mix and stir with a fork until dissolved. Stir in green food coloring. Stir in crushed cookie. Enjoy!

Makes 1 serving

Source: Recipe created by Elizabeth Ward, MS, RD for 3-A-Day™ of Dairy, www.3aday.org

Family Fun Quick Tips for St. Patrick's Day



- Make 'shamrock milk' by adding a few drops of green food coloring
- Dance the Irish Jig with your kids
- Serve Irish oatmeal made with milk
- Read **Jamie O' Rourke and the Big Potato** and **Fin M'Coul: The Giant of Knockmany Hill** by Tomie De Paola
- Serve fresh, green fruits, like green apple slices, kiwifruit slices and green grapes, with green yogurt for dipping

School Breakfast: The Facts



School breakfast is proven to be good for children's bodies and their minds. Research shows that breakfast eaters have improved memory, problem-solving skills, verbal fluency and creative abilities. It also shows that breakfast skippers rarely make up for the nutrients they miss out on at breakfast later in the day – so skipping breakfast can affect the after-school activities they love.

Kids' Corner: Power Up with School Breakfast Superheroes



Join your kids at school for National School Breakfast Week, March 2-7 and Power up with the School Breakfast Superheroes – Mr. Breakfast, Yogurl, Eggbot, Crunch, The Fruit Avenger and The Sandwich Sensi! Learn more about these superheroes and find fun activities for kids at www.schoolbreakfast.org.