

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

**HAMPDEN WILBRAHAM REGIONAL SCHOOL DISTRICT**  
**WMS**

Menu subject to change  
based on product availability.



**WMS Lunch \$2.25**

**March 2010**

**Milk only \$.50**

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

**Alternate Lunch  
Served Daily**

**Mondays  
Chicken Burger**

**Tuesdays  
Mozzarella Sticks**

**Wednesdays  
Cheeseburger**

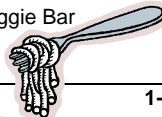
**Thursdays  
Pizza Sticks**

**Fridays  
Pizza**  
**PBJ, Bagel or Cereal  
Lunch  
Available Daily**

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](http://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](http://www.schoolbreakfast.org).