



2019

MARCH

M T W T H F

It's **GUS** JUSTICE to the rescue!

ART CONTEST CONTINUES

"You ART What You Eat"
Create and enter today!
SquareMeals.org/artcontest

GOOD EATS AT

VISERAD CAFETERIA
* BREAKFAST SERVED WITH JUICE & MILK & LUNCH SERVED WITH MILK*
CAFETERIA IS NOW OFFER VS. SERVE
THREE COMPONENTS REQUIRED

SCHOOL BREAKFAST WEEK MARCH 4-8
SquareMeals.org/sbw

SPECIAL ANNOUNCEMENTS

6-- ASH WEDNESDAY 10-- CHANGE CLOCKS FORWARD

<p>1</p> <p>EGG & CHEESE BISCUIT, CEREAL OR TOAST, FRUIT</p> <p>SALISBURY STEAK, CARROTS, GREEN BEANS, SPAGHETTI NOODLES, FRUIT, BREAD</p>	<p>7</p> <p>SAUSAGE BAGEL, CEREAL OR TOAST, FRUIT</p> <p>PEPPERONI PIZZA, CHIPS,, BAKED BEANS, FRUIT, BREAD</p>	<p>13</p> <p>OATMEAL, CEREAL OR TOAST, FRUIT</p> <p>FISH, MACARONI & CHEESE, PORK & BEANS, FRUIT, BREAD, MILK</p>	<p>19</p> <p>EGG & CHEESE BISCUIT, CEREAL OR TOAST, FRUIT</p> <p>BAKED CHICKEN, POTATOES, MIX VEGETABLES, FRUIT, BREAD</p>	<p>25</p> <p>MINI WAFFLES, CEREAL OR TOAST, FRUIT</p> <p>HAMBURGERS, LETTUCE, TOMATOES, PICKLES, FRENCH FRIES, FRUIT</p>
<p>2</p> <p>BLUEBERRY OR BANANA MUFFINS, CEREAL OR TOAST, FRUIT</p> <p>TUNA, PICKLES, CARROT STICKS, CHIPS, FRUIT, CRACKERS OR BREAD, MILK</p>	<p>8</p> <p>SPRING BREAK HOLIDAY</p>	<p>14</p> <p>SPRING BREAK HOLIDAY</p>	<p>20</p> <p>SCRAMBLED EGGS, SAUSAGE, CEREAL OR TOAST, FRUIT</p> <p>SAUSAGE, HASH BROWNS, BAKED BEANS, FRUIT, BREAD</p>	<p>26</p> <p>HONEYBUNS, CEREAL OR TOAST, FRUIT</p> <p>PORK ROAST, CARROT STICKS, RANCH STYLE BEANS, SAUERKRAUT, FRUIT, BREAD</p>
<p>3</p> <p>MINI BLUEBERRY PANCAKES, CEREAL OR TOAST, FRUIT</p> <p>CHICKEN FRIED STEAK, MASHED POTATOES, BROCCOLI, FRUIT, BREAD</p>	<p>4</p> <p>MINI BLUEBERRY PANCAKES, CEREAL OR TOAST, FRUIT</p> <p>CHICKEN FRIED STEAK, MASHED POTATOES, BROCCOLI, FRUIT, BREAD</p>	<p>11</p> <p>SPRING BREAK HOLIDAY</p>	<p>17</p> <p>EGG & CHEESE BISCUIT, CEREAL OR TOAST, FRUIT</p> <p>BAKED CHICKEN, POTATOES, MIX VEGETABLES, FRUIT, BREAD</p>	<p>23</p> <p>OATMEAL, CEREAL OR TOAST, FRUIT</p> <p>CHICKEN NUGGETS, CARROTS, FRENCH FRIES, BREAD</p>
<p>5</p> <p>DONUTS, CEREAL OR TOAST, FRUIT</p> <p>GROUND BEEF STROGANOFF, RICE, MIX VEGETABLES, SQUASH, FRUIT, FRUIT, BREAD</p>	<p>6</p> <p>OATMEAL, CEREAL OR TOAST, FRUIT</p> <p>FISH, MACARONI & CHEESE, PORK & BEANS, FRUIT, BREAD, MILK</p>	<p>12</p> <p>SPRING BREAK HOLIDAY</p>	<p>18</p> <p>OATMEAL, CEREAL OR TOAST, FRUIT</p> <p>CHICKEN NUGGETS, CARROTS, FRENCH FRIES, BREAD</p>	<p>24</p> <p>MINI BLUEBERRY PANCAKES, CEREAL OR TOAST, FRUIT</p> <p>PORK PATTY, PORK & BEANS, CORN, FRUIT, BREAD</p>
<p>6</p> <p>SPRING BREAK HOLIDAY</p>	<p>15</p> <p>SPRING BREAK HOLIDAY</p>	<p>21</p> <p>BLUEBERRY OR BANANA MUFFINS, CEREAL OR TOAST, FRUIT</p> <p>ENCHILADAS, REFRIED BEANS, SPANISH RICE, FRUIT, GARLIC BREAD</p>	<p>27</p> <p>SAUSAGE BAGEL, CEREAL OR TOAST, FRUIT</p> <p>CHICKEN SPAGHETTI, CAULIFLOWER, GREEN BEANS, FRUIT, GARLIC BREAD</p>	<p>28</p> <p>MINT BLUEBERRY PANCAKES, CEREAL OR TOAST, FRUIT</p> <p>PORK PATTY, PORK & BEANS, CORN, FRUIT, BREAD</p>
<p>7</p> <p>SPRING BREAK HOLIDAY</p>	<p>16</p> <p>SPRING BREAK HOLIDAY</p>	<p>22</p> <p>DONUTS, CEREAL OR TOAST, FRUIT, ASSORTED JUICE & MILK</p> <p>FISH, NOODLES, CORN, BROCCOLI, FRUIT, BREAD</p>	<p>28</p> <p>OATMEAL, CEREAL OR TOAST, FRUIT, ASSORTED JUICE & MILK</p> <p>GRILLED CHEESE SANDWICHES, CHIPS, CUCUMBER SLICES, FRUIT</p>	<p>29</p> <p>OATMEAL, CEREAL OR TOAST, FRUIT, ASSORTED JUICE & MILK</p> <p>GRILLED CHEESE SANDWICHES, CHIPS, CUCUMBER SLICES, FRUIT</p>



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COMMISSIONER SID MILLER



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