



## EARLY RELEASE FRIDAY 03/12/21



**Nutrition Tip:** March is National Nutrition Month! To celebrate, try getting more creative in the kitchen and trying a new recipe or cuisine you haven't had before.

References: Academy of Nutrition & Dietetics

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

1  
MOZZARELLA CHEESE STICKS W/ MARINARA  
SMUCKERS PB&J  
TURKEY & CHEESE SUB  
CHEF SALAD

2  
HAMBURGER OR CHEESEBURGER  
SMUCKERS PB&J  
YOGURT MUFFIN MUNCHABLE  
VEGGIE SALAD W/ CHEESE

3  
NACHOS W/ CHEESE OR MEAT AND CHEESE  
SMUCKERS PB&J  
BUFFALO CHICKEN WRAP  
TACO SALAD

4  
STUFFED CRUST CHEESE OR PEPPERONI PIZZA  
SMUCKERS PB&J  
YOGURT MUFFIN MUNCHABLE

5  
BRUNCH FOR LUNCH:  
EGG PATTY W/ BREAKFAST  
CHICKEN PATTY AND MINI MAPLE  
PANCAKES  
SMUCKERS PB&J

8  
POPCORN CHICKEN W/ BROWN RICE  
SMUCKERS PB&J  
TURKEY & CHEESE SUB  
CHEF SALAD

9  
SPAGHETTI W/ CHEESY BREAD  
SMUCKERS PB&J  
YOGURT MUFFIN MUNCHABLE  
VEGGIE SALAD W/ CHEESE

10  
BEEF HOT DOG  
SMUCKERS PB&J  
BUFFALO CHICKEN WRAP  
VEGGIE SALAD W/ CHEESE

11  
BREADED CHICKEN PATTY SANDWICH  
SMUCKERS PB&J  
YOGURT MUFFIN MUNCHABLE

12  
**EARLY RELEASE DAY**  
CORN DOG  
BABY CARROTS  
WHOLE APPLE  
FROZEN JUICE CUP

15  
MOZZARELLA CHEESE STICKS W/ MARINARA  
SMUCKERS PB&J  
TURKEY & CHEESE SUB  
CHEF SALAD

16  
HAMBURGER OR CHEESEBURGER  
SMUCKERS PB&J  
YOGURT MUFFIN MUNCHABLE  
VEGGIE SALAD W/ CHEESE

17  
NACHOS W/ CHEESE OR MEAT AND CHEESE  
SMUCKERS PB&J  
BUFFALO CHICKEN WRAP  
TACO SALAD

18  
STUFFED CRUST CHEESE OR PEPPERONI PIZZA  
SMUCKERS PB&J  
YOGURT MUFFIN MUNCHABLE

19  
BRUNCH FOR LUNCH:  
EGG PATTY W/ BREAKFAST  
CHICKEN PATTY AND MINI MAPLE  
PANCAKES  
SMUCKERS PB&J

22  
POPCORN CHICKEN W/ BROWN RICE  
SMUCKERS PB&J  
TURKEY & CHEESE SUB  
CHEF SALAD

23  
SPAGHETTI W/ CHEESY BREAD  
SMUCKERS PB&J  
YOGURT MUFFIN MUNCHABLE  
VEGGIE SALAD W/ CHEESE

24  
BEEF HOT DOG  
SMUCKERS PB&J  
BUFFALO CHICKEN WRAP  
VEGGIE SALAD W/ CHEESE

25  
BREADED CHICKEN PATTY SANDWICH  
SMUCKERS PB&J  
YOGURT MUFFIN MUNCHABLE

26  
CORN DOG OR MINI CORN DOGS  
SMUCKERS PB&J

29  
MOZZARELLA CHEESE STICKS W/ MARINARA  
SMUCKERS PB&J  
TURKEY & CHEESE SUB  
CHEF SALAD

30  
HAMBURGER OR CHEESEBURGER  
SMUCKERS PB&J  
YOGURT MUFFIN MUNCHABLE  
VEGGIE SALAD W/ CHEESE

31  
NACHOS W/ CHEESE OR MEAT AND CHEESE  
SMUCKERS PB&J  
BUFFALO CHICKEN WRAP  
TACO SALAD.

