

THIS MONTH'S

freshpick
for better health



Carrots

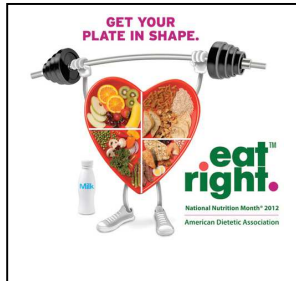
March

MONDAY



Carrots are offered daily

TUESDAY



WEDNESDAY

1. Fill at least 50%, or half, of your plate with fruits and vegetables.
2. Add fiber rich grains or starchy vegetables on 25% of your plate.
3. Portion the lean protein-rich foods on the remaining 25%.
4. Add a dairy product for a complete balanced plate.

THURSDAY

- 1 **BBQ Chicken Drumstick**
Hamburger on a Wheat Bun
Chicken Caesar Salad
Hummus Wrap
FROM THE GARDEN
Caesar Salad, Corn, Applesauce, Grapes, Celery, Wheat Bread, Juice, and Milk

FRIDAY

- 2 **"Breakfast for Lunch"**
Cheese Omelet
Chicken Patty on a Wheat Bun
Chicken Caesar Salad
Hummus Wrap
FROM THE GARDEN
Sweet Potato Fries, Tossed Salad, Peaches in Juice, Fresh Fruit, Wheat Bread, Juice, and Milk

- 5 **Vegetable Chili w/Corn Muffin**
Chicken Patty on a Wheat Bun
Turkey Sandwich
Garden Salad
FROM THE GARDEN
Squash, Fruit Cocktail, Broccoli, Grapes, Tossed Salad, Wheat Bread, Juice, and Milk

- 6 **Spinach and Tomato Flat Bread or Pepperoni Pizza**
Hamburger on a Wheat Bun
Turkey Sandwich
Garden Salad
FROM THE GARDEN
Caesar Salad, Mandarin Oranges, Strawberries, Cucumber Slices, Wheat Bread, Juice, and Milk

- 7 **Hot Dog on a Wheat Bun**
Chicken Tenders
Turkey Sandwich
Garden Salad
FROM THE GARDEN
Baked Beans, Peaches in Juice, Kiwi, Tomatoes, Bananas, Tossed Salad, Wheat Bread, Juice, and Milk

- 8 **No School**



NUTRIENT ANALYSIS- AVERAGE: Calories:624 Vitamin A: 7518 IU Vitamin C: 54.7 Mg Total Fat 15.6 g % OF TARGET Calories: 97% Vitamin A: 713% Vitamin C: 365% Total Fat 22.6%

Did You Know ?

- Carrots are a root vegetable
- Carrots are a member of the Umbelliferae family, which also includes plants such as dill, fennel, parsley, parsnip, caraway and celery.



Smart Pick option in Red Print
Vegetarian option in Green Print



- 12 **Grilled Cheese Sandwich**
Chicken Wild Rice Soup
Sun Butter and Jelly Sandwich
Bean Taco Salad
FROM THE GARDEN
Green Beans, Applesauce, Broccoli, Grapes, Tossed Salad, Wheat Bread, Juice, and Milk

- 13 **Cheese or Pepperoni Pizza**
Hamburger on a Wheat Bun
Sun Butter and Jelly Sandwich
Bean Taco Salad
FROM THE GARDEN
Caesar Salad, Fruit Cocktail, Strawberries, Cucumber Slices, Wheat Bread, Juice, and Milk

- 14 **Sloppy Joes on a Wheat Bun**
Chicken Lo Mein
Sun Butter and Jelly Sandwich
Bean Taco Salad
FROM THE GARDEN
Spinach, Pears in Juice, Kiwi, Tomatoes, Bananas, Cole Slaw, Wheat Bread, Juice, and Milk

- 15 **Chicken Nuggets**
Hamburger on a Wheat Bun
Sun Butter and Jelly Sandwich
Bean Taco Salad
FROM THE GARDEN
Caesar Salad, Sweet Potato Fries, Peaches in Juice, Grapes, Celery, Wheat Bread, Juice, and Milk

- 16 **Macaroni & Cheese**
Chicken Patty on a Wheat Bun
Sun Butter and Jelly Sandwich
Bean Taco Salad
FROM THE GARDEN
Broccoli, Tossed Salad, Strawberries, Fresh Fruit, Wheat Bread, Juice, and Milk

NUTRIENT ANALYSIS- AVERAGE: Calories:634 Vitamin A: 7827 IU Vitamin C: 77.29 Mg Total Fat 17.6 g % OF TARGET Calories:98% Vitamin A: 742% Vitamin C: 515% Total Fat 24.99%

- 19 **Vegetable Egg Roll**
Cheese Quesadilla
Turkey Ham Sandwich
Popeye Spinach Salad
FROM THE GARDEN
Red Beans & Brown Rice, Peaches in Juice, Broccoli, Grapes, Tossed Salad, Wheat Bread, Juice, and Milk

- 20 **Cheese or Pepperoni Pizza**
Hamburger on a Wheat Bun
Turkey Ham Sandwich
Popeye Spinach Salad
FROM THE GARDEN
Caesar Salad, Mandarin, Oranges, Strawberries, Cucumber Slices, Wheat Bread, Juice, and Milk

- 21 **Beefy Nachos**
Chicken Patty on a Wheat Bun
Turkey Ham Sandwich
Popeye Spinach Salad
FROM THE GARDEN
Citrus Glazed Carrots, Applesauce, Kiwi, Tomatoes, Bananas, Tossed Salad, Wheat Bread, Juice, and Milk

- 22 **Turkey and Gravy**
Hamburger on a Wheat Bun
Turkey Ham Sandwich
Popeye Spinach Salad
FROM THE GARDEN
Caesar Salad, Mashed Potatoes, Pineapple in Juice, Grapes, Celery, Wheat Bread, Juice, and Milk

- 23 **Fish Fillet**
Chicken Patty on Wheat Bun
Turkey Ham Sandwich
Popeye Spinach Salad
FROM THE GARDEN
Sweet Potato Fries, Fruit Cocktail, Broccoli, Tossed Salad, Strawberries, Fresh Fruit, Wheat Bread, Juice, and Milk

NUTRIENT ANALYSIS- AVERAGE: Calories:629 Vitamin A:6907 IU Vitamin C55.1Mg Total Fat 16.3 g % OF TARGET Calories:98% Vitamin A: 655% Vitamin C: 367% Total Fat 23.4%

- 26 **Lasagna Roll-ups**
Cheese Quesadilla
Turkey and Cheese Wrap
Garden Salad
FROM THE GARDEN
Spinach, Peaches in Juice, Broccoli, Grapes, Tossed Salad, Wheat Bread, Juice, and Milk

- 27 **Spinach and Tomato Flat Bread or Pepperoni Pizza**
Hamburger on a Wheat Bun
Turkey & Cheese Wrap
Garden Salad
FROM THE GARDEN
Caesar Salad, Fruit Cocktail, Strawberries, Cucumber Slices, Wheat Bread, Juice, and Milk

- 28 **Vegetable Pot Stickers**
Grilled Cheese Sandwich
Turkey & Cheese Wrap
Garden Salad
FROM THE GARDEN
Brown Rice, Pears in Juice, Kiwi, Tomatoes, Bananas, Tossed Salad, Wheat Bread, Juice, and Milk

- 29 **French Toast Sticks**
Turkey Sausage
Hamburger on a Wheat Bun
Turkey & Cheese Wrap
Garden Salad
FROM THE GARDEN
Caesar Salad, Carrots, Pineapple in Juice, Grapes, Celery, Wheat Bread, Juice, and Milk

- 30 **Bean and Cheese Burrito**
Chicken Patty on Wheat Bun
Turkey & Cheese Wrap
Garden Salad
FROM THE GARDEN
Corn, Tossed Salad, Applesauce, Fresh Fruit, Wheat Bread, Juice, and Milk

NUTRIENT ANALYSIS- AVERAGE: Calories:629 Vitamin A:5964 IU Vitamin C 49.9Mg Total Fat 18 g % OF TARGET Calories:98% Vitamin A: 565% Vitamin C: 333% Total Fat 25.8%



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