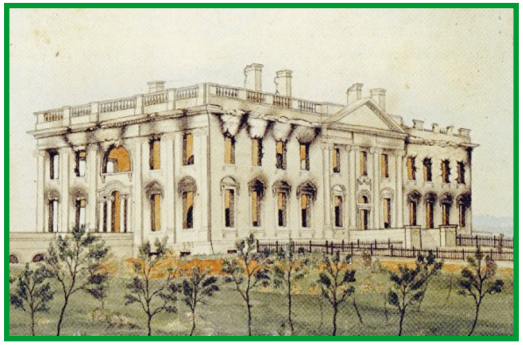
Eau Claire Area School District Elementary Menus

March 2020

This institution is an equal opportunity provider and employer.

Our Nation's History



During the month that we celebrate St. Patrick's Day, it's interesting to note that an Irish-born architect (James Hoban) designed and oversaw the building of the White House in Washington, D.C. -- not just once, but twice! Hoban first built the original White House in the 1790's, and he then rebuilt it after the British burned out the building during the War of 1812, as pictured here.

With Liberty & Justice for All

BREAKFAST @SCHOOL

For first-class learning!

Featuring Healthy Fruits & Grains!

Monday, March 2	Tuesday, March 3	Wed., March 4	Thursday, March 5	Friday, March 6
Breakfast Orange-Tangerine Juice Applesauce Waffles **Lunch** Rotini w/ Meatballs **OR** Baked Chicken Strips w/ Breadstick Tossed Green Salad Broccoli w/ Cheese Sauce Mandarin Oranges Chocolate Gripz	**Breakfast** Apple Juice Banana Yogurt Parfait & Fruit w/ Bug Bites **Lunch** Chow Mein w/ Rice **OR** Baked Corn Dog Green Beans Baby Carrots Seedless Grapes	**Breakfast** Strawberry-Kiwi Juice Pineapple Tidbits Scrambled Eggs w/ Ham & Toast **Lunch** Chicken Taco Salad **OR** Lite Hot Dog on a Bun Bush's Baked Beans Cauliflower Buds Chilled Peaches	**Breakfast** Mixed Berry Juice Chilled Pears Cinnamon Glazed French Toast Sticks **Lunch** Macaroni & Cheese w/ Breadstick **OR** Grilled Teriyaki Chicken Nuggets w/ Breadstick Crinkle Cut French Fries Cucumber Slices Frozen Fruit Juice Cup	**Breakfast** White Grape Juice Kiwi Cereal & Breakfast Bar **Lunch** Cheese Pizza **OR** Baked Chicken Patty on a Bun Whole Kernel Corn Baby Carrots Mixed Fruit
Monday, March 9	**Tuesday, March 10**	**Wed., March 11**	**Thursday, March 12**	**Friday, March 13**
Breakfast Orange-Tangerine Juice Chilled Peaches Egg & Cheese on Mini Flatbread **Lunch** Baked Chicken Nuggets **OR** Beef & Cheese Burrito Baked Potato Wedges Broccoli Buds Spiced Applesauce	**Breakfast** Apple Juice Chilled Pears Cereal & Assorted Breakfast Bread **Lunch** Fish Sticks w/ Breadstick **OR** Beef & Cheese Nachos Fiesta Beans Baby Carrots Banana	**Breakfast** Strawberry-Kiwi Juice Mixed Fruit Cheese Omelet & Toast **Lunch** Meatball Sub **OR** Baked Chicken Strips w/ Breadstick Whole Kernel Corn Cucumber Slices Strawberry Cup	**Breakfast** Mixed Berry Juice Fresh Apple Pancakes **Lunch** Rotini w/ Chicken Alfredo **OR** Baked Mini Corn Dogs Tossed Green Salad Green Peas Chilled Peaches	**Breakfast** White Grape Juice Pineapple Tidbits Cereal & Toast **Lunch** Waffle Chicken Bites **OR** Cheesy Breadsticks Sweet Potato Crinkle Fries Green Beans Mandarin Oranges

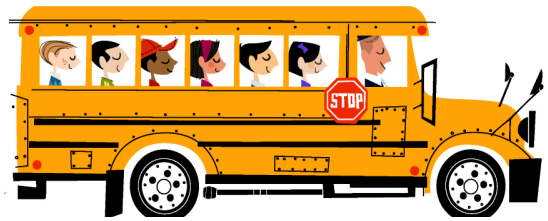
What's on YOUR plate?

What did the Teddy Bear say when he was offered dessert?

"No, thanks. I'm stuffed!" Actually, that's not a bad answer for a real kid, too. Foods that are mainly sugar, fat, or oil -- like candy and desserts -- are fine in small portions and once in awhile. But they should not replace healthy foods in your diet and they should not be an every day choice!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

take time for **school BREAKFAST**



Join us for National School Breakfast Week March 2-6, 2020

Monday, March 16	Tuesday, March 17	Wed., March 18	Thursday, March 19	Friday, March 20
Breakfast Orange-Tangerine Juice Chilled Peaches Cereal & Breakfast Bar	**Breakfast** Apple Juice Seedless Grapes Waffles	**Breakfast** Strawberry-Kiwi Juice Mixed Fruit Cheese Omelet & Toast	**Breakfast** Mixed Berry Juice Applesauce Pancake & Sausage on a Stick	**Breakfast** White Grape Juice Mandarin Oranges Cereal & Toast
Lunch Cheeseburger on a Bun **OR** Grilled Teriyaki Chicken Nuggets w/ Breadstick Whipped Potatoes Broccoli Buds Mixed Fruit	**Lunch** Baked Corn Dog **OR** Soft Shell Tacos Seasoned Refried Beans Baby Carrots Chilled Pears Mixmi Frozen Yogurt	**Lunch** Cheese or Pepperoni Pizza **OR** Ham & Cheese Sub Whole Kernel Corn Cucumber Slices Fresh Apple	**Lunch** Spaghetti w/ Meat Sauce **OR** Fish Sticks w/ Breadstick Green Beans Tossed Green Salad Chilled Peaches	**Lunch** Cheese Omelet w/ Pancakes **OR** Sausage & Cheese on Mini Flatbread Oven Baked Tator Tots Baby Carrots Kiwi

Now Appearing . . .

SPRING BREAK!

A FUN!FUN!FUN! PRODUCTION. STARRING YOU AND YOUR FRIENDS. SPECIAL LIMITED ENGAGEMENT.

Break begins end of classes: **Friday, March 20**

Classes resume: **Monday, March 30**

Monday, March 30	Tuesday, March 31
Breakfast Orange-Tangerine Juice Applesauce Cinnamon Glazed French Toast	**Breakfast** Apple Juice Mixed Fruit Cereal & Orange Dream Bread
Lunch Baked Chicken Nuggets **OR** Eau Claire Burger Seasoned Potato Wedges Baby Carrots Pineapple Tidbits	**Lunch** BBQ Pork Rib on a Bun **OR** Beef & Cheese Nachos Whole Kernel Corn Celery Sticks Seedless Grapes

Benefit Bar, yogurt & string cheese available for lunch on Tuesdays. Breakfast Bread (banana, blueberry, cocoa or zucchini), yogurt, & string cheese available for lunch on Thursdays. Cheese sandwiches offered daily at Longfellow, Manz, Prairie Ridge and Robbins. Peanut butter sandwiches offered at all other sites. All menus subject to change due to availability. Student choices may be limited to one entrée.

Note: in order to reduce total fat content of meals, some meat entrees may contain poultry or soy. Specific information regarding product ingredients may be obtained from the Food & Nutrition Office at 715-852-3022.

****Breakfast served at all elementary schools. Breakfast $1.00 Lunch $2.65**

Milk offered with all meals & includes choice of Skim, 1% or Chocolate Skim. We provide free & reduced-price meals ($.30 for breakfast, $.40 for lunch) for eligible students. Students eligible for free lunch are also eligible for free breakfast.