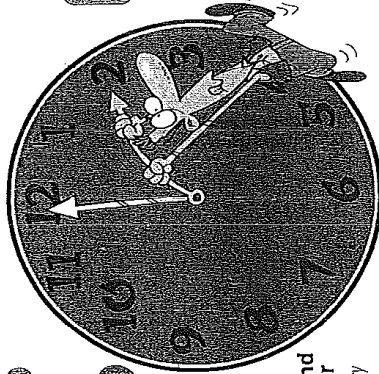


**DON'T FORGET TO  
SPRING  
FORWARD  
ON MARCH 14!**

**Menus for  
March 2010**

West Ottawa Public  
Elementary Schools and  
Corpus Christi Center  
*This institution is an equal opportunity  
provider and employer.*



**MARCH  
BIRTHDAYS**

Dr. Seuss (Ted Geisel) -- Mar. 2  
Harriet Tubman -- Mar. 10  
Justin Bieber (16) -- Mar. 14  
Johann Sebastian Bach -- Mar. 21  
Pejton Manning (34) -- Mar. 23  
Lady Gaga (24) -- Mar. 28

**Available Daily!**

Our Daily Breakfast consists of:  
Hot Entree or Cereal Choice & Juice,  
Toast, Fruit & Milk.

Our Daily Lunch consists of:  
Choice of one of the Entrees listed or  
our Better Butter & Jelly Sandwich or  
an 8oz Yogurt Cup,  
Fruit & Vegetable Buffet,  
Sliced Whole Wheat Bread, Graham  
Crackers, Saline Crackers & Milk.

**BREAK  
AN EGG.**

Hey, why do you think it's called BREAKfast? A breakfast sandwich of an egg, a slice of lean ham, and a piece of cheese on a whole-wheat English muffin, with an orange and lowfat milk, provides a delicious variety of foods, and only about 550 calories. Keeps you feeling full, too. Enjoy!

**EAT BETTER. PLAN AHEAD. LIVE HEALTHIER. LEAD BETTER.  
WELLNESS IS A WAY OF LIFE!**

**Monday, March 1**

Poptart & Sausage

A. ABC Chicken Chunks  
B. Turkey Sandwich  
C. Chef Salad

OR:

- Yogurt
- Better Butter Sandwich

California Blend Veggies

Sliced White Bread

ABC Cookie

**Tuesday, March 2**

Green Eggs & Ham

A. Pepperoni Pizza  
B. Chicken Tetrizzini  
C. Veggie Salad with cheese

OR:

- Yogurt
- Better Butter Sandwich

Mixed Vegetables

**Wed., March 3**

Breakfast Bagel

A. Pasta with Sauce and Meatballs  
B. Chicken Nuggets  
C. Chef Salad

OR:

- Yogurt
- Better Butter Sandwich

Seasoned Green Beans

French Bread

**Thurs., March 4**

Cheesy English Muffin and Sausage Patty

A. Mini Corn Dogs  
B. Grilled Cheese Sandwich  
C. Chicken Salad

OR:

- Yogurt
- Better Butter Sandwich

Caribbean Blend Veggies

**Friday, March 5**

Egg Omelet

A. Cheesy Breadsticks with Marinara Sauce  
B. Hot Dog on a Bun  
C. Veggie Salad with Cheese

OR:

- Yogurt
- Better Butter Sandwich

Steamed Broccoli

Curious George Snack

**Monday, March 8**

Breakfast Pizza

A. Cheesy Garlic Flat Bread  
B. Hamburger on a Bun  
C. Fajita Salad

OR:

- Yogurt
- Better Butter Sandwich

Mixed Vegetables

**Tuesday, March 9**

Breakfast Cheese Pocket

A. Chicken Patty on a Bun  
B. Ham & Cheese Wrap  
C. Chef Salad

OR:

- Yogurt
- Better Butter Sandwich

Potato Smiles

**Wed., March 10**

Super Donut & Sausage

A. Corn Dog  
B. Beef Noodle Soup with Cheese Sticks  
C. Chicken Salad

OR:

- Yogurt
- Better Butter Sandwich

Bean Medley

French Bread

**Thurs., March 11**

Scrambled Eggs

A. Dream Waffles with Sausage Links & Egg Patty  
B. Chicken Ranch Wrap  
C. Chef Salad

OR:

- Yogurt
- Better Butter Sandwich

Golden Hash Brown

**Friday, March 12**

Breakfast Bagel

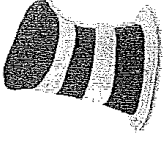
A. Cheese Pizza  
B. Tuna Salad Sandwich  
C. Veggie Salad with Cheese

OR:

- Yogurt
- Better Butter Sandwich

California Blend Veggies

Blueberry Muffin



Don't keep it under your hat! March 2 is Dr. Seuss's Birthday & 'Read Across America' Day

Like to read?

**Word of the Month**

**patriotism**

n. 1. love of one's country and willingness to sacrifice for it  
2. loyalty, faithfulness, allegiance, and devotion to one's nation

**MONDAY, MARCH 22**

- Cereal Bar & Sausage
- A. Ravitoli
- B. Hot Dog on a Bun
- C. Chicken Salad
- OR:
- Yogurt
- Better Butter Sandwich
- Seasoned Green Beans
- Sliced Wheat Bread

**TUESDAY, MARCH 23**

- Egg Patty on Toast
- A. Soft Beef Taco with Cheese
- B. Chicken Ranch Wrap
- C. Chef Salad
- OR:
- Yogurt
- Better Butter Sandwich
- Spicy Rice
- Seasoned Corn

**WEDNESDAY, MARCH 24**

- Cheesy English Muffin
- A. Pepperoni Pizza
- B. Cheeseburger on a Bun
- C. Chicken Salad
- OR:
- Yogurt
- Better Butter Sandwich
- California Blend Dinner Roll

**THURSDAY, MARCH 25**

- Waffle Stix & Sausage
- A. Chicken Nuggets
- B. Grilled Cheese Sandwich
- C. Chef Salad
- OR:
- Yogurt
- Better Butter Sandwich
- Whipped Potatoes Gravy
- Wheat Bread Slice

**FRIDAY, MARCH 26**

- Breakfast Pizza
- A. Creamy Mac & Cheese
- B. Five Fish Treasures
- C. Veggie Salad with Cheese
- OR:
- Yogurt
- Better Butter Sandwich
- California Blend Veggies
- Corn Muffin

**Monday, March 22**

- Egg Omelet
- A. Chicken Patty on a Bun
- B. Cheese Pizza
- C. Fajita Salad
- OR:
- Yogurt
- Beter Butter Sandwich
- Mixed Vegetables
- Wheat Bread Slice

**Tuesday, March 23**

- Breakfast Sausage Mini Bites
- A. Hot Dog on a Bun
- B. Pancakes with Ham Slice
- C. Chicken Salad
- OR:
- Yogurt
- Better Butter Sandwich
- Oven Fries

**Wed., March 24**

- Breakfast Bagel
- A. Super Nachos
- B. Turkey & Swiss Sandwich
- C. Chef Salad
- OR:
- Yogurt
- Better Butter Sandwich
- Seasoned Corn

**Thurs., March 25**

- Pancake Sausage Wrap
- A. Chicken Nuggets
- B. Sloppy Scoops with Tostitos
- C. Veggie Salad with Cheese
- OR:
- Yogurt
- Better Butter Sandwich
- Tator Tots
- Cinnamon Muffin

**Friday, March 26**

- Egg Omelet
- A. Four Bosco Cheese Dippers
- B. Ham Sandwich
- C. Veggie Salad with Cheese
- OR:
- Yogurt
- Better Butter Sandwich
- Warm Cinnamon Apples

**Monday, March 29**

- Breakfast Pizza
- A. Spicy Mac Casserole
- B. Grilled Cheese Sandwich
- C. Veggie Salad with Cheese
- OR:
- Yogurt
- Better Butter Sandwich
- Green Beans
- Brownie

**Tuesday, March 30**

- Cheesy English Muffin
- A. Chicken Drumstick
- B. Mini Corndogs
- C. Chef Salad
- OR:
- Yogurt
- Better Butter Sandwich
- Whipped Potatoes Gravy

**Wed., March 31**

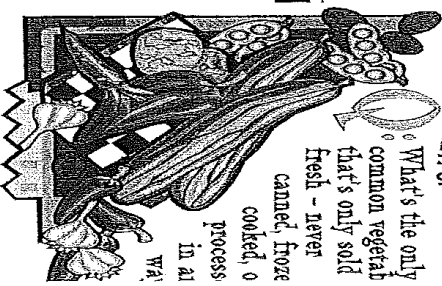
- Egg Patty & Sausage on Bagel
- A. Frito Taco to Go
- B. Three Meat Sub Sandwich
- C. Veggie Salad
- OR:
- Yogurt
- Better Butter Sandwich
- Spicy Rice
- Seasoned Corn

**Thurs., April 1**

- French Toast Sticks with Sausage
- A. Cheesy Garlic Flat Bread Pizza
- B. Cheese Burger on Bun
- C. Fajita Salad
- OR:
- Yogurt
- Better Butter Sandwich
- Mixed Veggies



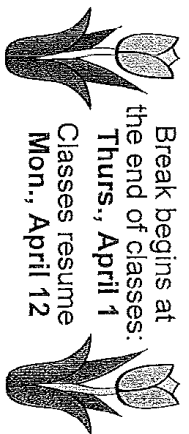
Exploring the secrets of 'MAY STRAWBERRY'



What's the only common vegetable that's only sold fresh - never canned, frozen, processed, or in a can?

LEARN MORE AT WWW.KIDHEALTHYFOOD.COM

**SPRING BREAK**



Break begins at the end of classes: **Thurs., April 1**  
Classes resume **Mon., April 12**