



# MARCH 2013



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## 3E'S OF HEALTHY LIVING TIP OF THE MONTH!

EXERCISE

Eating more fruit can help you be fit and active, and learn more in the classroom. Most fruits are low in fat, sodium and calories. Eating fruit is more nutritious than drinking juice because you get more dietary fiber.

EDUCATION

EATING RIGHT

<p>Pancakes</p> <p>Hamburger</p> <p>Oven FF</p> <p>Burger Salad</p> <p>Fresh Fruit <sup>4</sup></p>	<p>Ham &amp; cheese</p> <p>Bagel</p> <p>Enchilada Cass.</p> <p>Spanish Rice</p> <p>Pinto Beans</p> <p>Corn Cob <sup>5</sup></p> <p>Fruit</p>	<p>Muffins</p> <p>CF Steak /Gravy</p> <p>Sweet Potato</p> <p>Zucchini Squash</p> <p>Garden Salad <sup>6</sup></p> <p>Fruit/ Bread (HS)</p>	<p>Breakfast Pizza</p> <p>Chicken Tenders</p> <p>Gravy/ Mix Veggies.</p> <p>Broccoli</p> <p>Savory Rice <sup>7</sup></p> <p>Fruit</p>	<p>Grilled Cheese</p> <p>Chicken Nuggets</p> <p>Fish Nuggets</p> <p>New Potatoes</p> <p>Green Beans</p> <p>Fruit <sup>1</sup></p>		
<p>Waffle Stix</p> <p>Grilled Cheese</p> <p>Carrot Dippers</p> <p>Cucumbers</p> <p>Fresh Fruit <sup>8</sup></p>	<p>SP</p> <p>B <sup>11</sup></p>					
<p>R</p> <p>R <sup>12</sup></p>		<p>I</p> <p>E <sup>13</sup></p>		<p>N</p> <p>A <sup>14</sup></p>		
<p>G</p> <p>K <sup>15</sup></p>		<p>Breakfast Burrito</p> <p>Steak fingers</p> <p>Green Beans</p> <p>Garden Salad</p> <p>Fruit <sup>18</sup></p> <p>Bread (HS)</p>	<p>Blueberry</p> <p>Sausage Wrap</p> <p>Chicken Fajita</p> <p>Hubbard Squash</p> <p>Spanish Rice</p> <p>Refried Beans <sup>19</sup></p> <p>Fresh Fruit</p>	<p>Carne Guisada</p> <p>Taco</p> <p>Beef Nachos</p> <p>Pinto Beans</p> <p>Lettuce/ Tomato</p> <p>Veggie Sticks <sup>20</sup></p> <p>Fruit</p>	<p>Steak finger, egg,</p> <p>toast</p> <p>Meatball sub</p> <p>Broccoli</p> <p>Mashed Potatoes</p> <p>Fruit <sup>21</sup></p>	<p>French Toast Stix</p> <p>Hot Pockets</p> <p>Sweet Potato tots</p> <p>Corn</p> <p>Spinach <sup>22</sup></p> <p>Fruit</p>
<p>Sausage Roll</p> <p>Chili Dogs</p> <p>Baked Beans</p> <p>Carrot Dippers</p> <p>Cucumber</p> <p>Apple <sup>25</sup></p>	<p>Breakfast Egg Roll</p> <p>Pizza</p> <p>House Salad</p> <p>Sweet Potatoes</p> <p>Fruit</p> <p>Cookie <sup>26</sup></p>	<p>Biscuit, S. Gravy</p> <p>Baked Chicken</p> <p>Broccoli</p> <p>Mashed Potatoes</p> <p>Green Beans</p> <p>Fruit/ Biscuit <sup>27</sup></p>	<p>Super Honey Bun</p> <p>Salisbury Steak</p> <p>Garden Salad</p> <p>Noodles</p> <p>Fruit</p> <p>Bread (HS) <sup>28</sup></p>	<p>HOLIDAY</p> <p><sup>29</sup></p>		

GOOD EATS AT

RUNGE I.S.D.

## SPECIAL ANNOUNCEMENTS

(HS) = HIGH SCHOOL

HAVE A WONDERFUL SPRING BREAK. HOPE TO SEE EVERYONE BACK MONDAY THE 18<sup>TH</sup>.

QUOTE OF THE MONTH:

Respect your efforts, respect yourself. Self-respect leads to self-discipline. When you have both firmly under your belt, that's real power.

~CLINT EASTWOOD



3E'S OF HEALTHY LIVING — EDUCATION, EXERCISE AND EATING RIGHT