

# MARCH 2019

Florence 3 School District  
Head Start/Family Literacy (Lunch)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## DID YOU KNOW...

Alexander Graham Bell made the first ever phone call on 10 March 1876. He called his assistant and said "Mr Watson, come here. I want to see you."

4

Chicken Fillet Sandwich  
Steamed Carrots  
Black Eyed Peas  
Sliced Peaches  
Fruit Flavored Raisels

5

Spaghetti w/Meat Sauce  
Green Sweet Peas  
Steamed Squash  
WW Cinnamon Roll  
Applesauce  
Fresh Grape Cup

6

Pizza  
Cut Green Beans  
Potato Smiles  
Pineapple Tidbits  
Fruit Juice

7

Fried or Baked Chicken  
Brown Seasoned Rice  
Turnip Greens  
Sweet Potato Yams  
WW Breadstick  
Diced Pears  
Assorted Fresh Fruit

8

Chili Dog on WW Bun  
Seasoned Tater Tots  
Cole Slaw  
Chilled Mandarin Orange Cup  
Sidekick

11

Chicken Nuggets  
Seasoned Oven Fries  
Cut Green Beans  
WW Breadstick  
Sliced Peaches  
Assorted Fresh Fruit

12

Salisbury Steak  
Brown Rice w/Gravy  
Collard Greens  
Stewed Tomatoes  
Applesauce  
Fruit Juice

13

Pizza  
Whole Kernel Corn  
Tossed Salad  
Pineapple Tidbits  
Assorted Fresh Fruit

14

Mexican Taco w/Salsa  
Lettuce/Tomato/Cheese  
Refried Beans  
Steamed Carrots  
Diced Pears  
Assorted Fresh Fruit

15

Sub Sandwich on WW Bun  
w/Pickle Slices  
Lettuce & Tomato  
Baked Lays Potato Chips  
Cucumber Coins w/Dip  
Sidekick  
Chilled Mandarin Orange Cup

18

Meatball Sub or  
Meatball Marinara over  
Spaghetti Pasta  
w/Garlic Breadstick  
Romaine Side Salad  
Carrot Sticks w/Dip  
Chilled Fruit Cup  
Fruit Juice

19

Orange Chicken Rice Bowl  
Steamed Broccoli  
Celery Sticks w/Dip  
Fresh Apple  
Tropical Fruit Mix

20

Ham & Cheese on WW Bun  
Lettuce & Tomato  
Cut Green Beans  
Baked Beans  
Applesauce  
Fruit Juice

21

Nachos w/Chili  
Tomato & Cucumber Salad  
Glazed Carrots  
Pineapple Tidbits  
Assorted Fresh Fruit

22

Chicken Tenders  
Sweet Potato Fries  
Green Sweet Peas  
WW Yeast Roll  
Sidekick  
Chilled Peach Cup

25

Chili Dog on WW Bun  
Cole Slaw  
Baked Beans  
Chilled Mandarin Orange Cup  
Assorted Fresh Fruit

26

Spaghetti w/Meat Sauce  
Green Sweet Peas  
Steamed Squash  
WW Cheesy Breadstick  
Pineapple Tidbits  
Fresh Apple Slices

27

BBQ Pork on Bun  
Steamed Broccoli w/Cheese  
Sauce  
Whole Kernel Corn  
Applesauce  
Fresh Tangerine

28

Chicken Fillet Sandwich  
Seasoned Tater Tots  
Warm Cinnamon Apples  
Spinach Salad  
w/Grape Tomatoes  
Fruit Juice

29

Chicken Nuggets  
Celery Sticks w/Ranch Dip  
Sweet Potato Fries  
Yeast Roll  
Diced Pears  
Fresh Grape Cup

**Milk Choices Daily**  
1% White, Skim White

Adult Meal Price for Lunch - \$3.70

Menus are subject to change  
based on product availability.

## Nutrition News

### Did You Know??

Some foods "brush" your teeth! Chewing carrots, celery, leafy greens (spinach, kale), and apples with the skin on can help to clear away plaque and food germs that cause cavities. Tip: Eat one of these natural "toothbrushes" at the end of a meal if you aren't able to brush right away.

### Just-Right Portions

A healthy lifestyle includes eating the right kinds of food-and the right amounts. To ensure you don't develop a case of "portion distortion", try this tip. **Measure It Out!** Look at nutrition labels together as a family at snack time. Read the serving size (perhaps 20 mini-pretzels) and count out the amount. Idea: Combine math practice with nutrition by posing questions like, "If 1 serving has 110 mg of sodium, how much sodium is in 2 servings?" Sticking to 1 serving will help limit salt intake.

When choosing your produce, you should look for a variety of colors. This gives you a healthy variety of nutrients rather than too much of the same nutrient. To catch all of the colors of the rainbow, go for tomatoes, watermelon, oranges, sweet potatoes, bananas, yellow peppers, spinach, broccoli, cauliflower and blueberries.

The American Academy of Pediatrics points out 1 in 3 children are physically active every day. Are you the 1 that is active?

This institution is an equal  
opportunity provider.



# MARCH 2019

## Florence 3 School District K-6 Elementary (Lunch)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### DID YOU KNOW...

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4

Chicken Fillet Sandwich  
Steamed Carrots  
Black Eyed Peas  
Sliced Peaches  
Fruit Flavored Raisels

5

Spaghetti w/Meat Sauce  
Green Sweet Peas  
Steamed Squash  
WW Cinnamon Roll  
Applesauce  
Fresh Grape Cup

6

Pizza  
Cut Green Beans  
Potato Smiles  
Pineapple Tidbits  
Fruit Juice

7

Fried or Baked Chicken  
Brown Seasoned Rice  
Turnip Greens  
Sweet Potato Yams  
WW Breadstick  
Diced Pears  
Assorted Fresh Fruit

1

Cheeseburger on WW Bun  
w/Lettuce & Tomato  
Seasoned Oven Fries  
Sliced Peaches  
Fruit Juice

8

Hot Dog w/Chili on WW Bun  
Seasoned Tater Tots  
Cole Slaw  
Chilled Mandarin Orange Cup  
Sidekick

11

Chicken Nuggets  
Seasoned Oven Fries  
Cut Green Beans  
WW Breadstick  
Sliced Peaches  
Assorted Fresh Fruit

12

Salisbury Steak  
Brown Rice w/Gravy  
Collard Greens  
Stewed Tomatoes  
Tropical Fruit Mix  
Fruit Juice

13

Pizza  
Whole Kernel Corn  
Tossed Salad  
Pineapple Tidbits  
Assorted Fresh Fruit

14

Mexican Taco w/Salsa  
Lettuce/Tomato/Cheese  
Refried Beans  
Steamed Carrots  
Diced Pears  
Assorted Fresh Fruit

15

Sub Sandwich on WW Bun  
w/Pickle Slices  
Lettuce & Tomato  
Baked Lays Potato Chips  
Cucumber Coins w/Dip  
Sidekick  
Chilled Mandarin Orange Cup

18

Meatball Sub or  
Meatball Marinara over Rotini  
w/Garlic Breadstick  
Romaine Side Salad  
Carrot Sticks w/Dip  
Chilled Fruit Cup  
Fruit Juice

19

Orange Chicken Rice Bowl  
Steamed Broccoli  
Celery Sticks w/Dip  
Fresh Apple  
Tropical Fruit Mix

20

Ham & Cheese on WW Bun  
Lettuce & Tomato  
Cut Green Beans  
Baked Beans  
Applesauce  
Fruit Juice

21

Nachos w/Chili  
Tomato & Cucumber Salad  
Glazed Carrots  
Pineapple Tidbits  
Assorted Fresh Fruit

22

Chicken Tenders  
Sweet Potato Fries  
Green Sweet Peas  
WW Yeast Roll  
Sidekick  
Chilled Peach Cup

25

Hot Dog w/Chili on WW Bun  
Cole Slaw  
Baked Beans  
Chilled Mandarin Orange Cup  
Assorted Fresh Fruit

26

Spaghetti w/Meat Sauce  
Green Sweet Peas  
Steamed Squash  
WW Cheesy Breadstick  
Pineapple Tidbits  
Fresh Apple Slices

27

BBQ Pork on Bun  
Steamed Broccoli w/Cheese  
Sauce  
Whole Kernel Corn  
Applesauce  
Fresh Tangerine

28

Chicken Fillet Sandwich  
Seasoned Tater Tots  
Warm Cinnamon Apples  
Spinach Salad  
w/Grape Tomatoes  
Fruit Juice

29

Chicken Nuggets  
Celery Sticks w/Ranch Dip  
Sweet Potato Fries  
Yeast Roll  
Diced Pears  
Fresh Grape Cup

### Alternate Meal

(Offered Daily)  
Chef Salad or Peanut Butter &  
Jelly Sandwich w/Cheese Stick

### Milk Choices Daily

1% White, Skim White, Fat Free  
Chocolate, Fat Free Vanilla,  
Fat Free Strawberry

Adult Meal Price for Lunch - \$3.70

Menus are subject to change  
based on product availability.

### Nutrition News

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#### Just-Right Portions

A healthy lifestyle includes eating the right kinds of food-and the right amounts. To ensure you don't develop a case of "portion distortion", try this tip. **Measure It Out!** Look at nutrition labels together as a family at snack time. Read the serving size (perhaps 20 mini-pretzels) and count out the amount. Idea: Combine math practice with nutrition by posing questions like, "If 1 serving has 110 mg of sodium, how much sodium is in 2 servings?" Sticking to 1 serving will help limit salt intake.

When choosing your produce, you should look for a variety of colors. This gives you a healthy variety of nutrients rather than too much of the same nutrient. To catch all of the colors of the rainbow, go for tomatoes, watermelon, oranges, sweet potatoes, bananas, yellow peppers, spinach, broccoli, cauliflower and blueberries.

The American Academy of Pediatrics points out 1 in 3 children are physically active every day. Are you the 1 that is active?

This institution is an equal opportunity provider.



# MARCH 2019

Florence 3 School District  
J. Paul Truluck, Ronald McNair &  
Lake City High (Lunch)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## DID YOU KNOW...

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4

Chicken Fillet Sandwich  
Steamed Carrots  
Black Eyed Peas  
Sliced Peaches  
Fruit Flavored Raisels

5

Spaghetti w/Meat Sauce  
Green Sweet Peas  
Steamed Squash  
WW Cinnamon Roll  
Applesauce  
Fresh Grape Cup

6

Pizza  
Cut Green Beans  
Potato Smiles  
Pineapple Tidbits  
Fruit Juice

7

Fried or Baked Chicken  
Brown Seasoned Rice  
Turnip Greens  
Sweet Potato Yams  
WW Breadstick  
Diced Pears  
Assorted Fresh Fruit

8

Hot Dog w/Chili on WW Bun  
Seasoned Tater Tots  
Cole Slaw  
Chilled Mandarin Orange Cup  
Sidekick

11

Chicken Nuggets  
Seasoned Oven Fries  
Cut Green Beans  
WW Breadstick  
Sliced Peaches  
Assorted Fresh Fruit

12

Salisbury Steak  
Brown Rice w/Gravy  
Collard Greens  
Stewed Tomatoes  
Tropical Fruit Mix  
Fruit Juice

13

Pizza  
Whole Kernel Corn  
Tossed Salad  
Pineapple Tidbits  
Assorted Fresh Fruit

14

Mexican Taco w/Salsa  
Lettuce/Tomato/Cheese  
Refried Beans  
Steamed Carrots  
Diced Pears  
Assorted Fresh Fruit

15

Sub Sandwich on WW Bun  
w/Pickle Slices  
Lettuce & Tomato  
Baked Lays Potato Chips  
Cucumber Coins w/Dip  
Sidekick  
Chilled Mandarin Orange Cup

18

Meatball Sub or  
Meatball Marinara over Rotini  
w/Garlic Breadstick  
Romaine Side Salad  
Carrot Sticks w/Dip  
Chilled Fruit Cup  
Fruit Juice

19

Orange Chicken Rice Bowl  
Steamed Broccoli  
Glazed Carrots  
Fresh Apple  
Tropical Fruit Mix

20

Ham & Cheese on WW Bun  
Lettuce & Tomato  
Cut Green Beans  
Tomato & Cucumber Salad  
Applesauce  
Fruit Juice

21

Nachos w/Chili  
Whole Kernel Corn  
Pinto Beans  
Pineapple Tidbits  
Assorted Fresh Fruit  
Royal Brownie w/Icing

22

Chicken Tenders  
Sweet Potato Fries  
Green Sweet Peas  
WW Yeast Roll  
Sidekick  
Chilled Peach Cup

25

Hot Dog w/Chili on WW Bun  
Cole Slaw  
Baked Beans  
Chilled Mandarin Orange Cup  
Assorted Fresh Fruit

26

Spaghetti w/Meat Sauce  
Green Sweet Peas  
Steamed Squash  
WW Cheesy Breadstick  
Pineapple Tidbits  
Fresh Apple Slices

27

BBQ Pork on Bun  
Steamed Broccoli w/Cheese  
Sauce  
Whole Kernel Corn  
Applesauce  
Fresh Tangerine

28

Chicken Fillet Sandwich  
Seasoned Tater Tots  
Warm Cinnamon Apples  
Spinach Salad  
w/Grape Tomatoes  
Fruit Juice

29

Hot Wings  
Celery Sticks w/Ranch Dip  
Sweet Potato Fries  
Yeast Roll  
Diced Pears  
Fresh Grape Cup

## Alternate Meal

(Specialty Station Offered Daily)  
Monday & Friday: Pizza  
Tuesday & Thursday: Salad Bar  
Wednesday: Sub Station

## Milk Choices Daily

1% White, Skim White, Fat Free  
Chocolate, Fat Free Vanilla,  
Fat Free Strawberry

Adult Meal Price for Lunch - \$3.70

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