



HEADSTART/FAMILY LITERACY

MARCH 2020 Florence School District 3

IT'S NATIONAL KIDNEY MONTH!
GET TO KNOW YOUR KIDNEYS AND
WHAT THEY DO FOR YOU!

Monday

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

2

Tuesday

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

3

Wednesday

Pizza
Whole Kernel Corn
Tossed Salad
Pineapple Tidbits
Assorted Fresh Fruit

4

Thursday

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

5

Friday

Cheeseburger on WW Bun
w/Pickle Slices
Lettuce & Tomato
Sun Chips
Cucumber Coins w/Dip
100% Juice Slushie
Chilled Mandarin Orange Cup

6

Meatball Marinara W/Spaghetti
w/Garlic Breadstick
Romaine Side Salad
Carrot Sticks w/Dip
Chilled Fruit Cup
Fruit Juice

9

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

10

Cheeseburger on WW Bun
Cut Green Beans
Baked Beans
Applesauce
Fruit Juice

11

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

12

Professional Day for Teachers

No School for Students

13

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

16

Spaghetti w/Meat Sauce
Green Sweet Peas
Steamed Squash
Yeast Roll
Pineapple Tidbits
Fresh Apple Slices

17

BBQ Pork w/Rice
Steamed Broccoli w/Cheese Sauce
Whole Kernel Corn
Kidney Beans
Applesauce
Fresh Tangerine

18

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

19

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

20

Chili Dog on WW Bun
Seasoned Oven Fries
Steamed Carrots
Applesauce
Assorted Fresh Fruit

23

Smoked Sausage
Brown Rice
Stewed Tomatoes
Collard Greens
Cornbread
Fruit Cocktail
Assorted Fresh Fruit

24

Ham & Cheese on WW Bun
Cut Green Beans
Pinto Beans
Baked Apple
Assorted Fresh Fruit

25

Fajita Chicken
w/ Sweet & Sour Sauce
Broccoli Salad
Sweet Potato Tots
WG Roll
Assorted Fresh Fruit
100% Juice Slushie

26

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

27

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

30

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

31

Assorted Milk Choices Daily: 1% White, Skim White,
Adult Meal: \$3.85

Menus are subject to change based on availability

Nutrition Education: MARCH IS NATIONAL KIDNEY MONTH!

3 WAYS TO KEEP YOUR KIDNEYS HEALTHY: DRINK FLUIDS REGULARLY, VITAMIN D, REGULATE BLOOD PRESSURE

"This institution is an equal opportunity provider."





K-8 GRADES

MARCH 2020

Florence School District 3

IT'S NATIONAL KIDNEY MONTH!
GET TO KNOW YOUR KIDNEYS
AND WHAT THEY DO FOR YOU!

Monday

Chicken Nuggets **2**
Or
Chef Salad
Or
Peanut Butter w/Jelly & Cheese Stick
Seasoned Oven Fries
Cut Green Beans
WW Breadstick
Sliced Peaches / Assorted Fruit

Meatball Marinara over Spaghetti w/Garlic Breadstick **9**
Or
Chef Salad
Or
Peanut Butter w/Jelly & Cheese Stick
Romaine Side Salad
Carrot Sticks w/Dip
Chilled Fruit Cup / Fruit Juice

Hot Dog w/Chili on WW Bun **16**
Or
Chef Salad
Or
Peanut Butter w/Jelly & Cheese Stick
Cole Slaw
Baked Beans
Chilled Mandarin Orange Cup
Assorted Fresh Fruit

Baked Corn Dog or Corn Dog Minis **23**
Or
Chef Salad
Or
Peanut Butter w/Jelly & Cheese Stick
Seasoned Oven Fries
Steamed Carrots
Applesauce / Assorted Fruit

Chicken Fillet Sandwich **30**
Lettuce & Tomato
Or
Chef Salad
Or
Peanut Butter w/Jelly & Cheese Stick
Steamed Carrots
Black Eyed Peas
Sliced Peaches / Fruit Flavored Raisels

Tuesday

Salisbury Steak **3**
Or
Chef Salad
Brown Rice w/Gravy
Collard Greens
Stewed Tomatoes
Tropical Fruit Mix
Fruit Juice

Orange Chicken Rice Bowl **10**
Or
Chef Salad
Steamed Broccoli
Celery Sticks w/Dip
Fresh Apple
Tropical Fruit Mix

Spaghetti w/Meat Sauce **17**
Or
Chef Salad
Green Sweet Peas
Steamed Squash
Yeast Roll
Pineapple Tidbits
Fresh Apple Slices

Smoked Sausage **24**
Or
Chef Salad
Brown Rice
Stewed Tomatoes
Collard Greens
Cornbread
Fruit Cocktail
Assorted Fresh Fruit

Spaghetti w/Meat Sauce **31**
Or
Chef Salad
Green Sweet Peas
Steamed Squash
WW Cinnamon Roll
Applesauce
Fresh Grape Cup

Wednesday

Pizza **4**
Or
Chef Salad
Or
Peanut Butter w/Jelly & Cheese Stick
Whole Kernel Corn
Tossed Salad
Pineapple Tidbits
Assorted Fresh Fruit

Cheeseburger on WW Bun **11**
Lettuce & Tomato
Or
Chef Salad
Or
Peanut Butter w/Jelly & Cheese Stick
Cut Green Beans
Baked Beans
Applesauce/ Fruit Juice

BBQ Pork w/Rice **18**
Or
Chef Salad
Or
Peanut Butter w/Jelly & Cheese Stick
Steamed Broccoli w/Cheese Sauce
Whole Kernel Corn
Kidney Beans
Applesauce / Fresh Tangerines

Ham & Cheese on WW Bun **25**
Lettuce & Tomato
Or
Chef Salad
Or
Peanut Butter w/Jelly & Cheese Stick
Cut Green Beans
Pinto Beans
Baked Apple / Assorted Fruit

Thursday

Taco **5**
Lettuce/Tomato/Cheese/Salsa
Or
Chef Salad
Or
Peanut Butter w/Jelly & Cheese Stick
Refried Beans
Steamed Carrots
Diced Pears/ Assorted Fruit

Nachos w/Chili **12**
Or
Chef Salad
Or
Peanut Butter w/Jelly & Cheese Stick
Tomato & Cucumber Salad
Glazed Carrots
Pineapple Tidbits
Assorted Fresh Fruit

Chicken Fillet Sandwich **19**
Or
Chef Salad
Or
Peanut Butter w/Jelly & Cheese Stick
Seasoned Tater Tots
Warm Cinnamon Apples
Spinach Salad w/Grape Tomatoes
Fruit Juice

Fajita Chicken w/ Sweet Sour Sauce **26**
Or
Chef Salad
Or
Peanut Butter w/Jelly & Cheese Stick
Broccoli Salad
Sweet Potato Tots
WG Roll
100% Juice Slushie/ Assorted Fruit

Friday

Cheeseburger on WW Bun **6**
w/Pickle Slices
Or
Chef Salad
Lettuce & Tomato
Sun Chips
Cucumber Coins w/Dip
100% Juice Slushie
Chilled Mandarin Orange Cup

Professional Day for Teachers
No School for Students

Chicken Nuggets **20**
Or
Chef Salad
Celery Sticks w/Ranch Dip
Sweet Potato Fries
Yeast Roll
Diced Pears
Fresh Grape Cup

Cheeseburger on WW Bun **27**
w/Lettuce & Tomato
Or
Chef Salad
Seasoned Oven Fries
Sliced Peaches
Fruit Juice



Assorted Milk Choices Daily: 1% White, Skim White, FF Chocolate, Vanilla, & Strawberry

Adult Meal: \$3.85

Menus are subject to change based on availability

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Nutrition Education: MARCH IS NATIONAL KIDNEY MONTH!

3 WAYS TO KEEP YOUR KIDNEYS HEALTHY: DRINK FLUIDS REGULARLY, VITAMIN D, REGULATE BLOOD PRESSURE



MARCH 2020

Florence School District 3

IT'S NATIONAL KIDNEY MONTH!
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AND WHAT THEY DO FOR YOU!

REM, J. PAUL, LLLC, LCH (HIGH)

Monday

Chicken Nuggets **2**
Or
Assorted Pizza
Seasoned Oven Fries
Cut Green Beans
WW Breadstick
Sliced Peaches
Assorted Fresh Fruit

Meatball Sub or **9**
Meatball Marinara over Rotini
Or
Assorted Pizza
w/Garlic Breadstick
Romaine Side Salad
Carrot Sticks w/Dip
Chilled Fruit Cup

Hot Dog w/Chili on WW Bun **16**
Or
Assorted Pizza
Cole Slaw
Baked Beans
Chilled Mandarin Orange Cup
Assorted Fresh Fruit

Baked Corn Dog or **23**
Corn Dog Minis
Or
Assorted Pizza
Seasoned Oven Fries
Steamed Carrots
Applesauce
Assorted Fresh Fruit

Chicken Fillet Sandwich **30**
Or
Assorted Pizza
Lettuce & Tomato
Steamed Carrots
Black Eyed Peas
Sliced Peaches
Fruit Flavored Raisels

Tuesday

Salisbury Steak **3**
Or
Salad Bar
Brown Rice w/Gravy
Collard Greens
Stewed Tomatoes
Tropical Fruit Mix
Fruit Juice

Orange Chicken Rice Bowl **10**
Or
Salad Bar
Breadstick
Steamed Broccoli
Glazed Carrots
Fresh Apple
Tropical Fruit Mix

Spaghetti w/Meat Sauce **17**
Or
Salad Bar
Green Sweet Peas
Steamed Squash
WW Cheesy Breadstick
Pineapple Tidbits
Fresh Apple Slices

Smoked Sausage **24**
Or
Salad Bar
Brown Rice
Stewed Tomatoes
Collard Greens
Cornbread
Fruit Cocktail/ Assorted Fruit

Spaghetti w/Meat Sauce **31**
Or
Salad Bar
Green Sweet Peas
Steamed Squash
WW Cinnamon Roll
Applesauce
Fresh Grape Cup

Wednesday

Pizza **4**
Or
Sub Station
Whole Kernel Corn
Tossed Salad
Pineapple Tidbits
Assorted Fresh Fruit

Cheeseburger on WW Bun **11**
Or
Sub Station
Lettuce & Tomato
Cut Green Beans
Tomato & Cucumber Salad
Applesauce
Fruit Juice

BBQ Pork w/Rice **18**
Or
Sub Station
Steamed Broccoli w/Cheese Sauce
Kidney Beans
Whole Kernel Corn
Applesauce
Fresh Tangerine

Ham & Cheese on WW Bun **25**
Or
Sub Station
Lettuce & Tomato
Cut Green Beans
Pinto Beans
Baked Apple
Assorted Fresh Fruit

Thursday

Taco **5**
Lettuce/Tomato/Cheese/ Salsa
Or
Salad Bar
Refried Beans
Steamed Carrots
Diced Pears
Assorted Fresh Fruit

Nachos w/Chili **12**
Or
Salad Bar
Whole Kernel Corn
Pinto Beans
Pineapple Tidbits
Assorted Fresh Fruit
Royal Brownie w/Icing

Chicken Fillet Sandwich **19**
Or
Salad Bar
Seasoned Tater Tots
Warm Cinnamon Apples
Spinach Salad w/Grape Tomatoes
Fruit Juice

Fiesta Bowl **26**
Or
Salad Bar
Broccoli Salad
Sweet Potato Tots
WG Roll
Assorted Fresh Fruit
100% Juice Slushie

Friday

Cheeseburger on WW Bun **6**
Or
Assorted Pizza
w/Pickle Slices
Lettuce & Tomato
SunChips
Cucumber Coins w/Dip
Sidekick
Chilled Mandarin Orange Cup

13
Professional Day for Teachers
No School for Students

Hot Wings **20**
Or
Assorted Pizza
Celery Sticks w/Ranch Dip
Sweet Potato Fries
Yeast Roll
Diced Pears
Fresh Grape Cup

Cheeseburger on WW Bun **27**
w/Lettuce & Tomato
Or
Assorted Pizza
Seasoned Oven Fries
Sliced Peaches
Fruit Juice



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