

CAMP LEJEUNE DEPENDENTS SCHOOLS

March 2013



THINGS TO REMEMBER:

- March is National Nutrition Month
- March 10th – Daylight Savings – Spring Forward 1 hour at 2 a.m.
- March 17th – St. Patrick's Day

Happy St. Patrick's Day!

Friday, March 1

Parent/Teacher Conferences

NO SCHOOL

Monday, March 4

BREAKFAST

French Toast Sticks
Cereal
Juice
Milk

LUNCH

Spaghetti w/Meatballs Roll
Turkey Corn Nuggets
Broccoli
Carrot Sticks
Peaches
Applesauce
Milk

Tuesday, March 5

BREAKFAST

Scrambled Eggs
Grits
Toast
Applesauce
Milk

LUNCH

Soft Tacos w/Trimmings
Spanish Rice
Grilled Ham & Cheese Sandwich
Green Beans
Spinach & Romaine Salad
Orange Wedges
Mixed Fruit
Milk

Wednesday, March 6

BREAKFAST

Whole Grain Mini Pancakes
Cereal
Juice
Milk

LUNCH

Chicken Nuggets Roll
Fish Fillet on Bun
Baked Beans
Glazed Carrots
Garden Salad
Pineapple
Apple
Milk

Thursday, March 7

BREAKFAST

Mini Hamburger on Wheat Roll
Pineapple
Milk

LUNCH

Turkey Corn Dog Nuggets
Sloppy Joe
Mashed Potatoes
Turnip Greens
Pears
Peaches
Milk

Friday, March 8

BREAKFAST

Sausage Biscuit
Juice
Milk

LUNCH

Chicken Fillet on Bun
Tomato Soup
Cheese Toast Sandwich
Pinto Beans
Cabbage
Carrot Sticks (9-12)
Applesauce
Mixed Fruit
Milk

Monday, March 11

BREAKFAST

Pancake w/Syrup
Cereal
Juice
Milk

LUNCH

Baked Rotini Roll
Corn Dog
Broccoli
Carrot Sticks
Peaches
Applesauce
Milk

Tuesday, March 12

BREAKFAST

Whole Grain Muffin
Cereal
Peaches
Milk

LUNCH

Hamburger on Bun
Vegetable Soup
Cheese Toast Sandwich
Baked Beans
Spinach & Romaine Salad
Sweet Potato Mini Puffs
Pears
Orange Wedges
Milk

Wednesday, March 13

BREAKFAST

Scrambled Eggs
Grits
Toast w/Jelly
Juice
Milk

LUNCH

Rotisserie Chicken
Rice
Turkey Corn Dog Nuggets
Collards
Baked Beans
Corn
Pineapple
Applesauce
Milk

Thursday, March 14

BREAKFAST

Sausage Biscuit
Strawberry Applesauce
Milk

LUNCH

Hot Dog on Bun
Beef & Bean Chili
Crackers
Potato Rounds
Green Beans
Baby Carrots
Apple Slices
Peaches
Milk

Friday, March 15



NO SCHOOL

Monday, March 18

BREAKFAST

French Toast Sticks
Cereal
Juice
Milk

LUNCH

Chicken Nuggets Roll
Cheese Toast Sandwich
Sautéed Spinach
Sweet Potato Mini Puffs
Apple
Peaches
Milk

Tuesday, March 19

BREAKFAST

Sausage Biscuit
Applesauce
Milk

LUNCH

Nachos w/Ground Beef & Cheese
Rice
Fish Nuggets
Corn Muffin
Broccoli
Corn
Pineapple
Mixed Fruit
Milk

Wednesday, March 20

BREAKFAST

Whole Grain Mini Pancakes
Peaches
Cereal
Milk

LUNCH

Hot Dog on Bun
Vegetable Soup
Cheese Toast Sandwich
Baked Beans
Spinach & Romaine Salad
Carrot Sticks
Pears
Orange Wedges
Milk

Thursday, March 21

BREAKFAST

Whole Grain Muffin
Cereal
Juice
Milk

LUNCH

Roast Turkey w/Roll
Turkey Corn Dog
Mashed Potatoes
Broccoli
Black-Eyed Peas
Mixed Fruit
Peaches
Milk

Friday, March 22

BREAKFAST

Whole Grain Mini Pancakes
Cereal
Juice
Milk

LUNCH

Pepperoni Pizza
Cheese Pizza
Fish Fillet Nuggets
Corn Muffin
Pinto Beans
Winter Blend Vegetables
Orange Wedges
Applesauce
Milk

Monday, March 25

BREAKFAST

French Toast Sticks
Cereal
Juice
Milk

LUNCH

Spaghetti w/Meatballs Roll
Turkey Corn Nuggets
Broccoli
Carrot Sticks
Peaches
Applesauce
Milk

Tuesday, March 26

BREAKFAST

Scrambled Eggs
Grits
Toast
Applesauce
Milk

LUNCH

Soft Tacos w/Trimmings
Spanish Rice
Grilled Ham & Cheese Sandwich
Green Beans
Spinach & Romaine Salad
Orange Wedges
Mixed Fruit
Milk

Wednesday, March 27

BREAKFAST

Whole Grain Mini Pancakes
Cereal
Juice
Milk

LUNCH

Chicken Nuggets Roll
Fish Fillet on Bun
Baked Beans
Glazed Carrots
Garden Salad
Pineapple
Apple
Milk

Thursday, March 28

BREAKFAST

Egg & Cheese on Muffin
Juice
Milk

LUNCH

Cheese Pizza
Pepperoni Pizza
Chicken Fajita
on Whole Wheat Flour Tortilla
Rice
Green Beans
Glazed Carrots (9-12)
Applesauce
Mixed Fruit
Milk

Friday, March 29

STUDENT HOLIDAY



No School