

# March 2017

Breakfast \$1.50  
Lunch \$2.50  
Milk \$ .40

High School

Breakfast Options Daily:  
Yogurt, Cereal, Bagel, or  
Muffin with Fruit and Milk





**This is a perennial thistle** that originated in the Mediterranean. It is technically a flower bud that has not yet bloomed. It was brought to the United States in the 19th century by French and Spanish immigrants.

It is a rich source of dietary fibers, vitamins K, B9 and C and minerals such as sodium, manganese and magnesium.

It facilitates digestion and improves functions of liver and gall bladder. It can also prevent development of coronary disorders via reduction of blood cholesterol levels.

It cannot be consumed raw (it needs to be processed first) and it can be fried, grilled, baked, cooked or microwaved and used for the preparation of stews, soups, salads, sauces and casseroles.

This thistle is an **artichoke!** In fact the name artichoke is derived from the Turkish word for thistle.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Painted Hills Natural Beef Hamburger or Garden Burger & Jojos	2 Fajita Chicken or Vegetable Bean Tacos	3 Pizza
6 Pizza	7 All Beef Hot Dog & BBQ Baked Beans	8 All Natural Beef or Vegetable Bean Nachos	9 Dill Salmon & Brown Rice	10 Chicken Strips and Garlic Bread
13 Pizza	14 Taco Tuesday!	15 Painted Hills Natural Beef Hamburger or Garden Burger & Waffle Fries	16 French Toast & Turkey Sausage	17 Irish Stew & Cornbread
20 Pizza	21 All Beef Hot Dog & BBQ Baked Beans	22 All Natural Beef or Vegetable Bean Nachos	23 Meatball Sub	24 Chicken Strips and Tater Tots
27	28	29	30	31 
<h1>Spring Break</h1>				
<b>Salad Grab-N-Go Menu with Chicken Caesar Salads, Sandwiches, &amp; more Available Daily</b>				

*This institution is an equal opportunity provider.*