



2012 March

Calvary Christian School

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| Lunch Prices Regular \$ 2.05 Reduced \$.40 Milk \$.50 | | | 1 Sizzlin' Chicken Fajitas Lettuce, tomato, & cheese Fruit & Vegetable Bar Chilled Low fat Milk | 2 Domino's Pizza Fresh Baby Carrots/Dip Fruit and vegetable Bar Chilled Low Fat Milk |
| 5 Crazy Cheesy Breadsticks Marinara Sauce Mixed Vegetables Fruit & Vegetable Bar Chilled Low Fat Milk | 6 Chicken Sticks Potato Smiles Trail Mix Fruit & Vegetable Bar Chilled Low Fat Milk | 7 Pepperoni Pizza Green Beans Fruit & Vegetable Bar Chilled Low Fat Milk | 8 Nachos Supreme Flavored Meat, Lettuce, Tomato Tortilla Chips & Cheese Fruit & Vegetable Bar Chilled Low Fat Milk Cinnamon Churro | 9 Breaded Chicken Patty On WG Bun Whole Kernel Corn Fruit & Vegetable Bar Chilled Low Fat Milk |
| 12 Baked Chicken Drumstick Cheesy Potatoes Fruit & Vegetable Bar Chilled Low Fat Milk Teddy Grahams | 13 Pasta/Meat Sauce Italian Breadstick Tossed Salad Fruit & Vegetable Bar Chilled Low Fat Milk | 14 Hot Dog on WG Bun Baked Beans Fruit & Vegetable Bar Chilled Low Fat Milk | 15 Teriyaki Dippers Winter Blend Vegetables Fruit & Vegetable Bar Chilled Low Fat Milk Rice Krispie Treat | 16 Bosco Breadsticks/Dipping Sauce Mixed Vegetables Fruit & Vegetable Bar Chilled Low Fat Milk |
| 19 Cheeseburger on WG Bun Baked Crinkle Cut Fries Fruit & Vegetable Bar Chilled Low Fat Milk | 20 Chicken Nuggets Whipped Potatoes & Gravy Corn Muffin Fruit & Vegetable Bar Chilled Low fat Milk | 21 BREAKFAST FOR LUNCH French Toast Stix Sausage Patties Warm Apple Slices 100% Fruit Juice Chilled Low Fat Milk | 22 Soft Shell Taco Meat, Cheese, Lettuce, Tomato Refried Beans Fruit & Vegetable Bar Chilled Low Fat Milk | 23 No School Today Professional Development Day |
| 26 Chicken Hip Dipper/LF Dip Flavored Rice Tossed Salad Fruit & Vegetable Bar Chilled Low fat Milk Elf Grahams | 27 Creamy Macaroni & Cheese WG Dinner Roll Steamed Broccoli Fruit & Vegetable Bar Chilled Low fat Milk Frozen Juice Bar | 28 Mini Corn Dogs Green Beans Fruit & Vegetable Bar Chilled Low fat Milk | 29 Sizzlin' Chicken Fajitas Lettuce, tomato, & cheese Fruit & Vegetable Bar Chilled Low fat Milk | 30 No School Today Spring Break Begins |

March is National Nutrition Month

Going from a junk food, high-calorie diet right into a healthy diet isn't easy. If you aren't ready to make that over night dietary transformation, it's OK. Take some healthier little steps to change your diet. Over time, those healthy steps will add up and remain a part of a healthier lifestyle. Here are some easy ways to take first steps to changing your diet.

1. Eat more fruits and vegetables. We all need at least five servings of fruits and vegetables every day.
2. Eat low-fat yogurt instead of ice cream for dessert. Yogurt is a good source of calcium, and the individual packaging keeps the portion size under contro
3. Drink healthy beverages. Skip the sugary soft drinks and enjoy fresh water, 100% fruit or vegetable juice or low-fat milk instead.
4. If you need a snack choose a package of mixed nuts instead of a candy bar.
5. Make a healthy sandwich. Choose whole grain breads, lean meats, and lots of tomatoes, onions, lettuce, avocado or other vegetables. Go light on the mayonnaise, or use a low-fat mayo.

