

get Local @school



GREENS in March

The term "greens" can include any edible leafy green plant including lettuce, spinach, kale, turnips, chard, collards, and mustard.

Most lettuce, spinach or greens grow best in cool weather.



K-8 Menus for March 2020

The Learning Center! Charter School

*Offered daily at breakfast: fresh fruit, cereal, granola, yogurt, orange juice, grape juice, apple juice, 1% unflavored milk, and fat-free unflavored milk.

*Offered daily at lunch: PB&J, salad bar, fat-free chocolate milk, 1% unflavored milk, and fat-free unflavored milk.

Monday, March 2	Tuesday, March 3	Wednesday, March 4	Thursday, March 5	Friday, March 6
Breakfast Whole wheat Moon pancakes and Sausage asteroid patty	Breakfast Star speckled grits bar with toppings	Breakfast UFO bagel with moon cheese (cream cheese)	Breakfast UFO Biscuits and galaxy gravy	Breakfast French toast rockets
Lunch Spaghetti with meat sauce, whole grain roll, green beans, roasted carrots, side salad, pears <i>*This week is National School Breakfast Week! Come early to enjoy our "Out of This World" breakfasts.</i>	Lunch BBQ pulled pork sandwich on whole grain bun, tater tots, cole slaw, side salad, peach cobbler	Lunch Chicken and waffles, sweet potato fries, steamed peas, side salad, mixed fruit	Lunch Baked potato bar, chili, steamed broccoli, whole grain roll, side salad, applesauce	Lunch Hot dog on whole grain bun, baked beans, potato wedges, side salad, peaches
Monday, March 9	Tuesday, March 10	Wednesday, March 11	Thursday, March 12	Friday, March 13
Breakfast Piggle sticks	Breakfast Breakfast pizza	Breakfast Sausage biscuit	Breakfast Scrambled eggs, blueberry mini waffles	No School
Lunch Mac 'n Cheese bar: Cheddar cheese or alfredo sauce, taco meat, diced ham, or diced chicken, veggies: steamed broccoli, sautéed peppers and onions Side salad Peach cups	Lunch Salisbury steak with gravy, whole grain brown rice, steamed broccoli, corn, side salad, orange wedges	Lunch Brunswick stew, tater tots, corn, whole grain roll, side salad, pears	Lunch Chicken and bacon melt on croissant, steamed carrots, steamed peas, side salad, apple slices	

Kale Salad

Ingredients

- 1 bunch of local kale
- 1 apple
- 2 oz. cheddar cheese
- 1 clove garlic
- juice of 1/2 lemon
- 1/4 cup olive oil
- Salt to taste

Directions

Remove kale stems and rip the leaves into small pieces. Core apple and cut into small pieces (may remove skin if desired). Shred or cut cheese into very small pieces. Mince or press garlic. In a large bowl, toss together the kale, apple, and cheese pieces. In a jar, combine the minced garlic, lemon juice, olive oil, and salt. Shake well to combine the dressing. Pour dressing over the salad and toss well to coat. Enjoy!



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Sources: www.ncagr.gov, www.growing-minds.org

Monday, March 16 Breakfast Whole wheat pancakes, sausage patty Lunch Sweet and sour meatballs, whole grain rice, steamed broccoli, sautéed peppers and onions, side salad, mixed fruit <i>* NEW Item</i>	Tuesday, March 17 Breakfast Grits bar with toppings Lunch Taco bar, refried beans, corn, side salad, whole grain roll, applesauce	Wednesday, March 18 Breakfast Biscuit and gravy Lunch Crispy chicken sandwich on whole grain bun, parmesan cauliflower, steamed peas, side salad, pears	Thursday, March 19 Breakfast Chicken biscuit Lunch Pork rib sliders on whole grain rolls, steamed carrots, steamed broccoli, side salad, peaches	Friday, March 20 Breakfast French toast sticks, syrup Lunch Pizza, steamed corn, green beans, side salad, banana split boat
Monday, March 23 Breakfast Piggle sticks Lunch Hot ham and cheese croissant, tomato soup, side salad, cherry crisp	Tuesday, March 24 Breakfast Breakfast pizza Lunch Meatball sub on whole wheat bun, steamed peas, parmesan cauliflower, side salad, peaches	Wednesday, March 25 Breakfast Sausage biscuit Lunch Greek style chicken, cucumber and onion salad, rosemary potato wedges, flat bread, tzatziki sauce, side salad, apple slices	Thursday, March 26 Breakfast Scrambled eggs, blueberry waffles Lunch Fish sticks, coleslaw, tater tots, side salad, pears, whole grain roll, fresh orange slices	Friday, March 27 Breakfast Oatmeal with toppings Lunch Sub bar: Turkey or ham on whole grain bun, lettuce, tomato, pickles, cheddar or American cheese, blackeye pea salad, mixed fruit
Monday, March 30 Breakfast Whole wheat pancakes, sausage patty Lunch Spaghetti with meat sauce, whole grain roll, green beans, roasted carrots, side salad, pears	Tuesday, March 31 Breakfast Grits bar with toppings Lunch BBQ pulled pork sandwich on whole grain bun, tater tots, coleslaw, side salad, peach cobbler			

Celebrate National School Breakfast Week!

This month schools around the nation will be talking to students about the importance of breakfast. School breakfast gives kids the energy they need to succeed in the classroom and on the playing field. Celebrate this special week by encouraging your child to eat school breakfast!