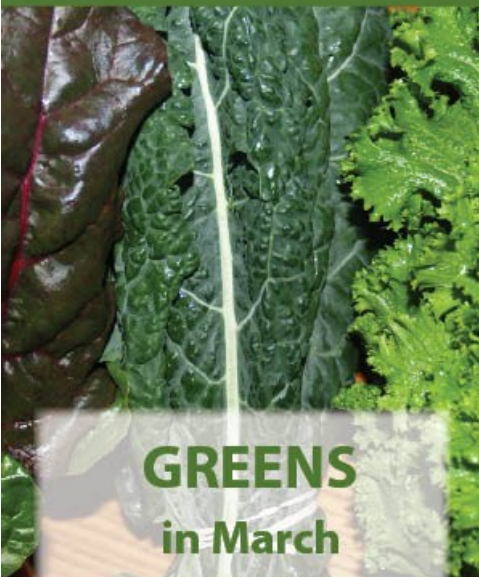


get Local @school



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-8th Menus for March 2021

The Learning Center! Charter School

At breakfast, students will have a juice and milk choice. At lunch, students will have milk choices as well as an alternate PB&J lunch. Juice options include: apple, grape, or orange. Breakfast milk options are: unflavored 1%, or unflavored fat-free. Lunch milk options are: 1% unflavored, 1% chocolate, or unflavored fat-free.

Monday, March 1	Tuesday, March 2	Wednesday, March 3	Thursday, March 4	Friday, March 5
Breakfast Chicken biscuit, apple, juice and milk Lunch Beef and bean burrito, corn cup, peaches, milk OR PB&J with cheese stick	Breakfast WG blueberry mini waffles, syrup, orange, juice and milk Lunch Chicken and cheese quesadilla, refried beans, mixed fruit, milk OR PB&J with cheese stick	Breakfast WG cereal, raisins, juice, and milk Lunch Turkey and cheese on WG bun, green beans, raisins, milk OR PB&J with cheese stick	Breakfast Breakfast burrito, apple, juice and milk Lunch Grilled chicken sandwich on WG bun, green beans, pears, milk OR PB&J with cheese stick	Breakfast WG French toast sticks, syrup, raisins, juice and milk Lunch Pepperoni pizza, corn, frozen mixed berry cup, milk OR PB&J with cheese stick
Monday, March 8	Tuesday, March 9	Wednesday, March 10	Thursday, March 11	Friday, March 12
Breakfast WG blueberry muffin, yogurt, apple, juice and milk Lunch WG corn dog, potato wedges, peaches, milk OR PB&J with cheese stick	Breakfast Sausage, egg, and cheese tornados, raisins, juice and milk Lunch Pulled pork sandwich on WG bun, baked beans, mixed fruit, milk OR PB&J with cheese stick	Breakfast WG cereal, orange, juice and milk Lunch PB&J, cheese stick, sun chips, apple, corn, milk	Breakfast Frudel, yogurt, apple, juice and milk Lunch Fish sticks, WG roll, tartar sauce, green beans, apple-sauce, milk OR PB&J with cheese stick	Breakfast WG pancakes, syrup, raisins, juice and milk Lunch Cheeseburger on WG bun, corn, pears, milk OR PB&J with cheese stick

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 (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 15 Breakfast Chicken biscuit, apple, juice and milk Lunch Southwestern chicken tacos, corn, pears, milk OR PB&J with cheese stick	Tuesday, March 16 Breakfast WG blueberry min waffles, syrup, orange, juice, and milk Lunch Ham and cheese sub on WG bun, green beans, applesauce, milk OR PB&J with cheese stick	Wednesday, March 17 Breakfast WG cereal, raisins, juice and milk Lunch Turkey and cheese on WG bun, carrot sticks with ranch dippers, peach cup, milk OR PB&J with cheese stick	Thursday, March 18 Breakfast Breakfast burrito, apple, juice and milk Lunch Chili, WG roll, corn, mixed fruit, milk OR PB&J with cheese stick	Friday, March 19 Breakfast WG French toast sticks, syrup, raisins, juice and milk Lunch Hot dog on WG bun, green beans, applesauce, milk OR PB&J with cheese stick
Monday, March 22 Breakfast WG blueberry muffin, yogurt, apple, juice and milk Lunch Beef and bean burrito, corn, peaches, milk OR PB&J with cheese stick	Tuesday, March 23 Breakfast Sausage, egg, and cheese tornados, raisins, juice and milk Lunch Chicken and cheese quesadilla, refried beans, mixed fruit, milk OR PB&J with cheese stick	Wednesday, March 24 Breakfast WG cereal, orange, juice and milk Lunch PB&J, cheese stick, sun chips, apple, carrot sticks with ranch dippers, milk	Thursday, March 25 Breakfast Frudel, yogurt, apple, juice and milk Lunch Grilled chicken sandwich on WG bun, green beans, pears, milk OR PB&J with cheese stick	Friday, March 26 Breakfast WG pancakes, syrup, raisins, juice and milk Lunch Pepperoni pizza, corn, peaches, milk OR PB&J with cheese stick
Monday, March 29 Breakfast Chicken biscuit, apple, juice and milk Lunch WG corn dog, potato wedges, peaches, milk OR PB&J with cheese stick	Tuesday, March 30 Breakfast WG blueberry mini waffles, syrup, raisins, juice and milk Lunch Pulled pork sandwich on WG bun, baked beans, mixed fruit, milk OR PB&J with cheese stick	Wednesday, March 31 School Closed	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!	