






**March 2019**

MONDAYTUESDAYWEDNESDAYTHURSDAY

<p><u>Lyman High School</u></p> <p><b>Lunch</b> \$2.50</p> <p><b>Breakfast</b> \$1.50</p> <p>Extra Milk \$.40 Extra Juice \$.50</p>	<p><u>National Music in the Schools Month</u></p> <p>Music stimulates the brain and studies show it improves all areas of academics! <b>Play</b> music! <b>Support</b> music! <b>Learn</b> about music!</p> <p><b>Music brings Joy!</b></p> <p>#MusicInspires #MusicInOurSchools</p>	<p>All meals include 1% White Milk or Fat Free Chocolate Milk All Juice 100% Fruit Juice</p> <p><b>This institute is an equal opportunity provider</b></p>	<p>March 4th we will be serving a "hot" breakfast instead of the traditional grab and go in celebration of <b>National School Breakfast Week!</b></p>
<b>4 NATIONAL</b>	<b>5 SCHOOL</b>	<b>6 BREAKFAST</b>	<b>7 WEEK</b>
<p><b>Chromatic</b> Chicken and Waffles With Syrup Fresh Fruit &amp; Vegetable Bar</p> <p><b>Breakfast</b></p> <p><b>Breakfast Slider-Hot Breakfast!</b> Hashbrowns, Apple Slices and Juice</p> <p style="text-align: right;"></p>	<p>Lemon Chicken With Rice and Roll Fresh Fruit &amp; Vegetable Bar</p> <p><b>Breakfast</b></p> <p><b>Major Muffin Mania</b> Raisels and Juice</p>	<p>Chicken Nuggets With Potatoes and Gravy Fresh Fruit &amp; Vegetable Bar</p> <p><b>Breakfast</b></p> <p><b>Banana Bread</b> Applesauce and Juice</p> <p style="text-align: right;"></p>	<p>Pulled Pork Sandwich With Doritos Fresh Fruit &amp; Vegetable Bar</p> <p><b>Breakfast</b></p> <p><b>Donut Sticks and Chex Mix</b> Fruit Cup and Juice</p>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<p>Mac and Cheese With Mini Corndogs Fresh Fruit &amp; Vegetable Bar</p> <p><b>Breakfast</b></p> <p><b>Cereal Bar and Scooby Snacks</b> <b>Forte</b> Fruit Cup and Juice</p>	<p><b>Baritone</b> Pizza With <b>Tempo</b> Tots Fresh Fruit &amp; Vegetable Bar</p> <p><b>Breakfast</b></p> <p><b>Yummy Breakfast Breads</b> Craisins and Juice</p>	<p>Mashed Potato Bowl With Chicken Fresh Fruit &amp; Vegetable Bar</p> <p><b>Breakfast</b></p> <p><b>Donut Day!</b> Apple Slices and Juice</p> <p style="text-align: right;"></p>	<p><b>Tempo</b> Teriyaki Bites With Fried Rice and Roll Fresh Fruit &amp; Vegetable Bar</p> <p><b>Breakfast</b></p> <p><b>Muffin Mania</b> Apple Crisp and Juice</p>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<p>Cheesy <b>Overture</b> Omelet With Muffin Fresh Fruit &amp; Vegetable Bar</p> <p><b>Breakfast</b></p> <p><b>Cereal Bowl and Yogurt</b> Fruit Cup and Juice</p>	<p>Chicken Alfredo With Bread Stick Fresh Fruit &amp; Vegetable Bar</p> <p><b>Breakfast</b></p> <p><b>Bagel and Cream Cheese</b> Craisins and Juice</p>	<p><b>FAVORITE</b></p> <p>Dippin' Dogs With Cheese Sauce and Tots Fresh Fruit &amp; Vegetable Bar</p> <p><b>Breakfast</b></p> <p><b>Chocolate Chip Breakfast Bar</b> <b>Allegro</b> Apple Slices and Juice</p>	<p><b>Crescendo</b> Calzone With Marinara Sauce and Fries Fresh Fruit &amp; Vegetable Bar</p> <p><b>Breakfast</b></p> <p><b>Cinnamon Roll</b> Raisels and Juice</p>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<p><b>Offbeat</b> Orange Chicken With Rice Fresh Fruit &amp; Vegetable Bar</p> <p><b>Breakfast</b></p> <p><b>Bagel and Cream Cheese</b> Apple Crisp and Juice</p>	<p><b>Canon</b> Chili With Cinnamon Roll Fresh Fruit &amp; Vegetable Bar</p> <p><b>Breakfast</b></p> <p><b>Berry Danish</b> Fruit Cup and Juice</p> <p style="text-align: right;"> </p>	<p>Beef and Cheddar Sandwich With Curly Fries Fresh Fruit &amp; Vegetable Bar</p> <p><b>Breakfast</b></p> <p><b>Opus</b> Donut Day! Craisins and Juice</p>	<p>Pizza Sticks With Marinara Sauce and Fries Fresh Fruit &amp; Vegetable Bar</p> <p><b>Breakfast</b></p> <p><b>Cereal Bar and Yogurt</b> Apple Slices and Juice</p>