

MARCH

2019

Lunch

GOOD EATS AT

Lamar Elementary

It's **GUS JUSTICE** to the rescue!

M **T** **W** **TH** **F**

ART CONTEST CONTINUES

"You ART what You Eat"
Create and enter today!
SquareMeals.org/artcontest

Fish Nuggets
Or Pizza Dippers
Or Grilled Cheese Swch
Carrots/Green Beans
Fruit
Juice/Milk
Crispy Cereal Treats 1

SCHOOL BREAKFAST WEEK
MARCH 4-8
SquareMeals.org/sbw

Chicken Fried Steak Or Breaded Drumstk Or Grilled Cheese Swch Mashed Potatoes Green Peas Fruit Milk 4	Crispy Tacos Or Burritos Or Grilled Cheese Swch Beans/Salad Fruit Milk 5	Burger/Cheeseburger Or Frito Pie Or Grilled Cheese Swch Fries/Carrot Coins Fruit Juice Milk 6	Ravioli w/Bread Stk Or Pizza Pockets Or Grilled Cheese Swch Mixed Veggies Zesty Cucumbers Fruit Milk 7	Chicken Rings w/Mac & Cheese Or Popcorn Shrimp Or Grilled Cheese Swch Corn/Carrots Fruit Juice/Milk Holiday Cookie 8
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SPECIAL ANNOUNCEMENTS

← **Spring Break!** →

11 14 15

Breakfast 4 Lunch Or Corndog Or Grilled Cheese Swch Smiles/Okra Fruit Milk 18	Asian Chicken w/Rice Or Eggrolls Or Grilled Chicken Swch Broccoli/Carrots Fruit Milk 19	Beef Nacho Or Grilled Cheese Swch Beans/Salad Fruit Juice Milk 20	Steakfingers Or Hot Dog/Chili Dog Or Grill Cheese Swch Fries/Cucumbers Fruit Milk 21	Mac & Cheese Or Chili w/Cornbread Or Grilled Cheese Swch Sweet Potato Fries Fruit Juice/Milk Strawberry Short Cookie 22
Seasoned Pork Patty Or BBQ Chicken Or Grilled Cheese Swch Cheesy Potatoes Broccoli Fruit Milk 25	Spaghetti & Meatsauce Or Mini Corndogs Or Grilled Cheese Swch Green Beans Carrots Coins Fruit Milk 26	Chicken Nuggets w/ Mac & Cheese Or Pizza Or Grilled Cheese Swch Cucumbers Fruit Juice/Milk 27	Enchiladas Or Taquitos Or Grilled Cheese Swch Beans/Salad Fruit Milk 28	Cheeseburger Sliders Or Turkey Rollups Or Grilled Cheese Swch French Fries/Pickles Fruit Juice/Milk Crispy Cereal Treat 29

MARCH

Breakfast

2019



GOOD EATS AT

Lamar Elementary

M **T** **W** **TH** **F**

ART CONTEST CONTINUES

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Cinnamon Rolls
Fruit Cup
Juice
Milk 1

SCHOOL BREAKFAST WEEK
MARCH 4-8
SquareMeals.org/sbw

Breakfast Pizza
Fruit Cup
Juice
Milk 4

Pancakes
Fruit Cup
Juice
Milk 5

Breakfast Tac-Go
Fruit Cup
Juice
Milk 6

Breakfast Bread
Fruit Cup
Juice
Milk 7

Rolled Taco
Fruit Cup
Juice
Milk 8

SPECIAL ANNOUNCEMENTS

11



14

15

French Toast Stks
Fruit Cup
Juice
Milk 18

Breakfast Pizza
Fruit Cup
Juice
Milk 19

Breakfast Empanada
Fruit Cup
Juice
Milk 20

Pancake N Sausage
Fruit Cup
Juice
Milk 21

Breakfast Loaf
Fruit Cup
Juice
Milk 22

Ham & Cheese
Croissant
Fruit Cup
Juice
Milk 25

Sausage Sandwich
Fruit Cup
Juice
Milk 26

Muffins
Fruit Cup
Juice
Milk 27

French Toast Slice
Fruit Cup
Juice
Milk 28

Cinnamon Rolls
Fruit Cup
Juice
Milk 29



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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