












March 2019

Baconton Community Charter School

MON	TUE	WED	THU	FRI
 MARCH 4-8	 BLAZERS Milk choices available daily.		Chef Salads are served daily. All menus are subject to change	1 Read Across America Hot Dog Chili w/saltines Corn on Cob Baked Beans Cole Slaw Fresh Fruit SS Choc Chip Cookie 
4 Chicken Tenders w/cornbread Steamed Cabbage Steamed Carrots Fresh Fruit	5 Sweet N Sour Chicken Hamburger Steak w/roll Rice/Gravy Squash/Onions Baby Carrots w/ranch Steamed Broccoli Fresh Fruit	6 Chicken Sandwich Tacos w/chips/cheese Romaine/tomato slice Refried Beans Green Beans Fresh Fruit	7 BBQ on Bun Shrimp poppers w/hushpuppies Baked Beans Cole Slaw Fresh Fruit	8 Pizza Chicken Fajita/tortilla Baby Carrots w/Ranch Romaine Salad w/grape tomatoes Fresh Fruit SS Sugar Cookie
11 Corndog Philly steak w/cheese sauce Baked Beans Sweet Potato Cole Slaw Fruit	12 Sloppy Joe on Bun Chicken Nuggets Romaine Salad w/baby carrots Creamed Potatoes Black eyed peas Fruit	13 Roast w/roll/rice/gravy Hamburger Italian Flat Beans Romaine/Sliced tomato Fruit	 14 Chicken Sandwich Spaghetti Romaine w/baby carrots Steamed Broccoli Fruit	15 Pizza Fish Sandwich WK Corn Romaine w/diced tomato Steamed carrots Fruit SS Candy M&M Cookie
18 Steak Nuggets w/roll Cheese Quesadilla w/salsa Sweet potato fries Green Beans Fresh Fruit	19 Hamburger Baked Chicken w/cornbread Romaine/tomato slice Creamed Potatoes Turnips/Mustard Fresh Fruit	20 Hot Ham/Cheese Sand. Beefy Mac w/roll English Peas Romaine Salad Steamed Carrots Fruit	21 Pizza Turkey Salad Romaine/sliced tomato Romaine Salad WK Corn Pickle Spear Fresh Fruit	22 
25 	26 	27 	28 	29 

This institution is an equal opportunity provider.

Cooking: Mash, pour, measure, and more

Invite your children into the kitchen to help you cook. They'll learn about healthy eating, cooking techniques, and meal planning.

Experiment away

Fish-shaped crackers instead of croutons in salad? A mashed-potato and-pea parfait? Why not! Provide healthy ingredients, then step back and let your youngsters be creative. They'll become comfortable in the kitchen, and they'll be more likely to eat food they make themselves. *Idea:* Suggest that they write and illustrate their recipes on index cards.

Put on a show

Pretend you're a famous chef on a cooking show and your children are the audience. Demonstrate how to use a salad spinner or a whisk. ("I'm putting the lid on this spinner. Now I'm rotating the handle, and voila! It spins the water out of the lettuce.") Then, let your youngsters take turns being the celebrity chef and explaining techniques.

Use teamwork

Have each person pick a food group (vegetables, fruits, grains, protein, dairy) and choose an ingredient from that group. Then, work together to make a meal that incorporates everything. Say you pick sweet potato, apple, whole-wheat tortillas, black beans, and cheese. Perhaps you'll make sweet potato-bean-cheese enchiladas with a side of apple slices.

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