

Food Bytes

Dietary Guidelines

Did you know the Dietary Guidelines for Americans are published every 5 years by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture? Key elements of the current version of the Dietary Guidelines are:

- 1. Follow a healthy eating pattern.** All food and beverage choices matter. Opt for a eating pattern at a calorie level to help you achieve and maintain a healthy body weight, get the nutrients you need, and reduce your risk for obesity, heart disease, diabetes and cancer.
- 2. Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, eat a variety of nutrient-dense foods across and within all food groups in recommended amounts.
- 3. Limit calories from added sugars and saturated fats.** Reduce sodium (salt).
- 4. Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices.
- 5. Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns from home to school to work to communities.
<http://health.gov/dietaryguidelines>

Breakfast Menu for March 2018

Basilica School of Saint Paul

	Thursday, March 1	Friday, February 2
	Breakfast Pizza Apple Juice	Cereal Fresh Fruit String Cheese
Monday, March 5	Tuesday, March 6	Wednesday, March 7
Oatmeal Sausage Fruit Juice	Breakfast Bar (Granola) String Cheese Fruit Juice	Cereal String Cheese Fruit Juice
Monday, March 12	Tuesday, March 13	Wednesday, March 14
French Toast Sticks w/ Syrup Sausage Patty Whole Fresh Fruit (Apple or Banana)	Oatmeal Sausage Fruit Juice	Go Gurt Fresh Fruit Buttered Toast
Monday, March 19	Tuesday, March 20	Wednesday, March 21
Cereal String Cheese 100% Fruit Juice	Biscuit Bacon (Turkey) Fruit Juice	Bacon Toast Banana
Monday, March 26	Tuesday, March 27	Wednesday, March 28
Bagel w/ Cream Cheese Sausage Patty Fruit Juice	Chicken and Waffles 100% Fruit Juice w/ syrup	Breakfast Burrito w/ Salsa Fresh Whole Fruit
Thursday, March 29	Friday, March 30	
NO SCHOOL	NO SCHOOL	

March Info:

There is **No School** on **March 29** or **March 30th**

Menu by S. Reardon, Certified Food Service Manager
Basilica School of Saint Paul
317 Auburn Street, Dayton, OH 45424-3117

Lunch Menu for March 2018

Basilia School of Saint Paul

Food Bytes

Dietary Guidelines

Did you know the Dietary Guidelines for Americans are published every 5 years by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture? Key elements of the current version of the Dietary Guidelines are:

- 1. Follow a healthy eating pattern.** All food and beverage choices matter. Opt for a eating pattern at a calorie level to help you achieve and maintain a healthy body weight, get the nutrients you need, and reduce your risk for obesity, heart disease, diabetes and cancer.
- 2. Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, eat a variety of nutrient-dense foods across and within all food groups in recommended amounts.
- 3. Limit calories from added sugars and saturated fats.** Reduce sodium (salt).
- 4. Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices.
- 5. Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns from home to school to work to communities.
<http://health.gov/dietaryguidelines>



Monday, March 5	Tuesday, March 6	Wednesday, March 7	Thursday, March 8	Friday, March 9
Hot Dog w/ Bun Green Beans Apple Juice	Nacho Tuesday Nachos w/ Beefy Sauce Cheese Topping Corn Grape Juice	Mozzarella Bread Sticks Marinara Sauce Baked Glazed Carrots Banana	Beef A Roni Salad w/ Italian Dressing Orange Slices	Cheese Pizza Celery Fruit Juice
Monday, March 12	Tuesday, March 13	Wednesday, March 14	Thursday, March 15	Friday, March 16
Curry Chicken Salad Whole Fresh Fruit (Apple or Banana) Sliced Bread	Baked Ziti Pasta w/ Mozzarella Cheese Garden Salad w/ Tomatoes Fresh Apple	Chicken and Waffles 100% Fruit Juice Carrots w/ Ranch	Herb Roasted Chicken Rice Corn Orange Juice	Cheese Pizza Celery Fruit Juice
Monday, March 19	Tuesday, March 20	Wednesday, March 21	Thursday, March 22	Friday, March 23
Mac and Cheese Lima Beans Fresh Fruit	"Arroz con Pollo" Chicken and Rice Mixed Greens Salad French Dressing Fresh Fruit	BLT (Bacon/Lettuce/Tomato) Cheese Stick Banana	Hot Dog w/ Bun "Fresh Slaw" Apple	Cheese Pizza Celery Fruit Juice
Monday, March 26	Tuesday, March 27	Wednesday, March 28	Thursday, March 29	Friday, March 30
Salisbury Steak Green Beans Sliced Bread	Chicken Nuggets Blackeye Peas w/ Smoked Meat Fruit Juice	Wacky Wednesday :) Students will choose breakfast items for lunch	NO SCHOOL	NO SCHOOL

March Info:

There is No School on March 29 or

March 30th



Made by S. Reardon, Cook/food Service Manager
317 Anthony Street (Oppen Beach), Fenwick 32117