

SHELBY COUNTY  
CATHOLIC SCHOOL  
HARLAN ,IOWA

MARCH 2023



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

**Where do baby apes sleep?**

In apricots!



27	28	1 Pop Tart Milk Juice Fresh Fruit	2 Cereal Milk Juice Strawberries Yogurt	3 Donuts Milk Juice Raisins
6 Cereal Milk Juice Peach Cup Yogurt	7 Muffin Milk Juice Raisins	8 Pan Cakes Milk Juice Bananas	9 Cereal Milk Juice Applesauce Yogurt	10 <b>NO SCHOOL</b>
13 Cereal Milk Juice Mixed Fruit Yogurt	14 Cinni Mini Milk Juice Fresh Fruit	15 Crescent Milk Juice Dried cherries	16 Cereal Milk Juice Fruit Cup Yogurt	17 Granola Bar Milk Juice Fresh Fruit
20 Cereal Milk Juice Fruit Cup Yogurt	21 Fruit Frudel Milk Juice Fresh Fruit	22 Pop Tart Milk Juice Raisins	23 Cereal Milk Juice Fruit Cup yogurt	24 French Toast Milk Juice Fresh Fruit
27 Cereal Milk Juice Fruit Cup Yogurt	28 Apple Bites Milk Juice Fresh Fruit	29 Donuts Milk Juice Raisins	30 Cereal Milk Juice Fruit Cup Yogurt	31 Cereal Bar Milk Juice Dried Cherries



A nutrient is something found in food that gives us energy to play hard, strengthening our bones and muscles, keeping us healthy, keeping our skin glowing. Examples of nutrients: Folate, Vitamin C, Vitamin A, Carbohydrate, Iron, Potassium, Fats, Protein, and Fiber.

YOU MUST CHOOSE 3 ITEMS.  
ONE MUST BE ½ CUP FRUIT OR VEGETABLE.  
MILK CHOICES SKIM CHOCOLATE 1 %  
MEALS ARE SUBJECT TO CHANGE.

**What am I?**

I am a red or black fruit that can stain your hands when you eat me. I grow on bushes and I taste good on your cereal.

Blackberries/raspberries

This institution is an equal opportunity provider.

