

Newport News Public Schools  
Early Childhood Centers

# MENUS FOR MARCH 2024

This institution is an equal  
opportunity provider  
and employer.

# YOU'RE GOOD



# ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

NEWPORT NEWS CHILD NUTRITION SERVICES

Monday, March 4

## Breakfast

Asst. Mini Pancakes  
Juice  
Milk

## Lunch

Hamburger/Cheeseburger  
on Bun  
Green Peas  
Fresh Fruit  
Milk

Tuesday, March 5

## Breakfast

Waffle Sandwich  
Apple Slices  
Milk

## Lunch

Pretzel Dog  
Baby Carrots  
Strawberry Cup  
Milk

Wednesday, March 6

## Breakfast

Waffle Envy  
Cranraisins  
Milk

## Lunch

Spaghetti w/Meat Sauce  
Green Beans  
Fresh Fruit  
Milk

Thursday, March 7

## Breakfast

Chicken Biscuit  
Apple Slices  
Milk

## Lunch


Breakfast for Lunch\*  
Hash Browns  
Spiced Apples  
Milk

Friday, March 8

Schools Closed

Teacher  
Planning  
Day

# OUR NATION'S HISTORY



## WITH LIBERTY & JUSTICE FOR ALL

**D**uring the month that we celebrate St. Patrick's Day, it's interesting to note that an Irish-born architect (James Hoban) designed and oversaw the building of the White House in Washington, D.C. -- not just once, but twice! Hoban first built the original White House in the 1790's, and he then rebuilt it after the British burned out the building during the War of 1812, as pictured here.

# SWEET TOOTH

The Honey Badger of Africa and Asia is really closer to a weasel than a true badger, but one thing about its name is definitely true: the honey badger loves honey and will avidly seek out beehives to get at it. Of course, the honey badger will also eat pretty much anything it finds -- rodents, frogs, snakes, insects, turtles, birds, lizards, eggs, vegetables, and whatever else it comes across. They've even been known to chase away young lions and steal their kills. Guess the honey badger really doesn't care!



Monday, March 11

**Breakfast**

Banana Bread  
Juice  
Milk

**Lunch**

Beef Sliders  
Mixed Vegetables  
Fresh Fruit  
Milk

Tuesday, March 12

**Breakfast**

Sausage on Bun\*  
Apple Slices  
Milk

**Lunch**

Pizza Quesadilla  
Green Beans  
Peach Cup  
Milk

Wednesday, March 13

**Breakfast**

Asst. Mini Pancakes  
Cranraisins  
Milk

**Lunch**

Garlic French Bread  
Corn  
Fresh Fruit  
Milk

Thursday, March 14

**Breakfast**

Egg & Cheese Sandwich  
Apple Slices  
Milk

**Lunch**

Corndog Nuggets  
Baked Beans  
Mandarin Orange Cup  
Milk

Friday, March 15

**Breakfast**

Blueberry Muffin  
Applesauce  
Milk

**Lunch**

Popcorn Chicken  
Emoticon Potatoes  
Strawberry Cup  
Milk

Monday, March 18

**Breakfast**

Asst. Mini Pancakes  
Juice  
Milk

**Lunch**

Turkey & Cheese Anytimer  
Sweet Potato Waffle Fries  
Applesauce Cup  
Milk

Tuesday, March 19

**Breakfast**

Waffle Sandwich  
Apple Slices  
Milk

**Lunch**

Mozzarella Cheese Sticks  
Green Beans  
Fresh Fruit  
Milk

Wednesday, March 20

**Breakfast**

Waffle Envy  
Cranraisins  
Milk

**Lunch**

Chicken & Waffles  
Roasted Butternut Squash  
Mixed Fruit Cup  
Milk

Thursday, March 21

**Breakfast**

Chicken Biscuit  
Apple Slices  
Milk

**Lunch**

Nachos w/Chili & Cheese  
w/Roll  
Steamed Cabbage  
Fresh Fruit  
Milk

Friday, March 22

**Breakfast**

Blueberry Muffin  
Applesauce  
Milk

**Lunch**

Chicken Patty on Bun  
French Fries  
Pear Cup  
Milk

Monday, March 25

**Breakfast**

Banana Bread  
Juice  
Milk

**Lunch**

Hamburger/Cheeseburger  
On Bun  
Green Peas  
Fresh Fruit  
Milk

Tuesday, March 26

**Breakfast**

Sausage on Bun\*  
Apple Slices  
Milk

**Lunch**

Pretzel Dog  
Baby Carrots  
Strawberry Cup  
Milk

Wednesday, March 27

**Breakfast**

Asst. Mini Pancakes  
Cranraisins  
Milk

**Lunch**

Spaghetti w/Meat Sauce  
Green Beans  
Fresh Fruit  
Milk

Thursday, March 28

**Breakfast**

Egg & Cheese Sandwich  
Apple Slices  
Milk

**Lunch**

Breakfast for Lunch\*  
Hash Browns  
Spiced Apples  
Milk

Friday, March 29

**Breakfast**

Blueberry Muffin  
Applesauce  
Milk

**Lunch**

Grab and Go



**What did the  
Teddy Bear  
say when  
he was  
offered  
dessert?**



**“No, thanks. I’m stuffed!”** Actually, that’s not a bad answer for a real kid, too. Foods that are mainly sugar, fat, or oil -- like candy and desserts -- are fine in small portions and once in awhile. But they should not replace healthy foods in your diet and they should not be an every day choice!

**Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)**

**NUTRITION TO GO**

**Turns out Grandma was right:  
chicken soup IS good for a cold!  
Chicken soup helps to ease cold  
symptoms by breaking up congestion,  
keeping you hydrated, and even acting  
as an anti-inflammatory. The taste  
and aroma can be therapeutic, too!  
There’s no cure for a cold, but a  
piping hot bowl of soup can  
at least offer some relief.**

**A QUICK BITE FOR PARENTS**