

menus for MARCH 2025

This institution is an equal opportunity provider. Menus are subject to change.

SOMETHING'S BURNING

Exercise for good health

You can burn about 500 calories an hour shoveling snow (or dirt). That's almost as many as you burn playing basketball or soccer. But don't forget to keep your back straight and let your legs do the work!

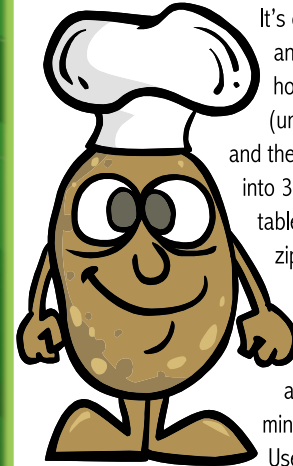


Don't forget to set your clocks forward one hour on Sunday, March 9!

| Monday, March 3 | Tuesday, March 4 | Wednesday, March 5 | Thursday, March 6 | Friday, March 7 |
|---|--|---|---|--|
| <p>Breakfast Banana Bread Fruit-Juice-Milk</p> <p>Lunch Stuffed Crust Pizza Fiesta Hot Pocket</p> <p>Choose Two: Broccoli Sweet Potatoes</p> <p>Choose One: Mandarin Orange Cup Whole Fresh Fruit</p> | <p>Breakfast Dunkin Stick Fruit-Juice-Milk</p> <p>Lunch Popcorn Chicken Bowl w/Roll Pizza Calzone*</p> <p>Choose Two: Mashed Potatoes w/Gravy Corn</p> <p>Choose One: Strawberry Cup Whole Fresh Fruit</p> | <p>Breakfast Pop Tart Fruit-Juice-Milk</p> <p>Lunch Bacon Cheeseburger* w/Onion Rings Pizza Crunchers</p> <p>Choose Two: Tator Tots Baked Beans</p> <p>Choose One: Applesauce Cup Whole Fresh Fruit</p> | <p>Breakfast Cinnamon Toast Crunch bar Fruit-Juice-Milk</p> <p>Lunch Spicy Chicken Patty On Bun Breakfast for Lunch*</p> <p>Choose Two: Hash Browns Collard Greens</p> <p>Choose One: Spiced Apples Whole Fresh Fruit</p> | <p>Breakfast Breakfast Benefit Bar Fruit-Juice-Milk</p> <p>Lunch Half Day-Grab & Go</p> |
| Monday, March 10 | Tuesday, March 11 | Wednesday, March 12 | Thursday, March 13 | Friday, March 14 |
| <p>Breakfast Cereal Fruit-Juice-Milk</p> <p>Lunch Buffalo Chicken Pizza Spaghetti w/Meatballs w/Garlic Stick</p> <p>Choose Two: Sweet Potato Waffle Fries Green Beans</p> <p>Choose One: Dole Fruit Cup Whole Fresh Fruit</p> | <p>Breakfast Lemon Bread Fruit-Juice-Milk</p> <p>Lunch Teriyaki Chicken Bowl w/Rice & Roll Stromboli*</p> <p>Choose Two: Corn Broccoli</p> <p>Choose One: Peach Cup Whole Fresh Fruit</p> | <p>Breakfast Blueberry Muffin Fruit-Juice-Milk</p> <p>Lunch Nachos w/Roll Pizza Pinwheels</p> <p>Choose Two: Refried Beans Roasted Carrot Sticks</p> <p>Choose One: Pear Cup Whole Fresh Fruit</p> | <p>Breakfast Zee Zee's Smore Bar Fruit-Juice-Milk</p> <p>Lunch Beef Hot Dog on Bun w/Chili & Cheese Pizza Crunchers</p> <p>Choose Two: Mashed Potatoes w/Gravy Baked Beans</p> <p>Choose One: Mandarin Orange Cup Whole Fresh Fruit</p> | <p>Breakfast Cinnamon Roll Fruit-Juice-Milk</p> <p>Lunch Spicy Chicken Tenders w/Roll Garlic French Bread</p> <p>Choose Two: French Fries Mixed Vegetables</p> <p>Choose One: Strawberry Cup Whole Fresh Fruit</p> |



HEALTHY SPUDS!



It's easy and fun to make healthy and delicious "french fries" at home. Cut a medium potato (unpeeled) in quarters lengthwise, and then slice each quarter lengthwise into 3 or 4 fries. Toss with a tablespoon or two of olive oil in a zipped gallon bag, spread on a baking sheet (use parchment paper for easier clean up), sprinkle with salt and pepper, and bake at 425 for about 20 minutes or until desired crispness. Use 2 potatoes for every 3 people.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, March 17

Breakfast

Banana Bread
Fruit-Juice-Milk

Lunch

Corndog Nuggets
Manicotti w/Garlic Stick

Choose Two:

Potatoes Au Gratin
Broccoli

Choose One:

Applesauce Cup
Whole Fresh Fruit

Tuesday, March 18

Breakfast

Dunkin Stick
Fruit-Juice-Milk

Lunch

Stuffed Crust Pizza
Chicken Nuggets w/Roll

Choose Two:

Corn
Spinach

Choose One:

Pineapple Cup
Whole Fresh Fruit

Wednesday, March 19

Breakfast

Pop Tart
Fruit-Juice-Milk

Lunch

Crispy Chicken Patty on Bun
Macaroni & Cheese Bites

Choose Two:

Taco Fiesta Beans
Roasted Butternut Squash

Choose One:

Mixed Fruit Cup
Whole Fresh Fruit

Thursday, March 20

Breakfast

Cinnamon Toast Crunch Bar
Fruit-Juice-Milk

Lunch

Cheese Stuffed Bread Sticks
Spicy Chicken Tenders w/Roll

Choose Two:

Tomato Soup
Green Beans

Choose One:

Tomato Soup
Green Beans

Friday, March 21

Breakfast

Breakfast Benefit Bar
Fruit-Juice-Milk

Lunch

BBQ* on Bun
w/Cornbread Poppers

Choose Two:

Cole Slaw
French Fries

Choose One:

Pear Cup
Whole Fresh Fruit

Monday, March 24

Breakfast

Cereal
Fruit-Juice-Milk

Lunch

Stuff Crust Pizza
Fiesta Hot Pocket

Choose Two:

Broccoli
Sweet Potatoes

Choose One:

Mandarin Orange Cup
Whole Fresh Fruit

Tuesday, March 25

Breakfast

Lemon Bread
Fruit-Juice-Milk

Lunch

Popcorn Chicken Bowl w/Roll
Pizza Calzone*

Choose Two:

Mashed Potatoes w/Gravy
Corn

Choose One:

Strawberry Cup
Whole Fresh Fruit

Wednesday, March 26

Breakfast

Blueberry Muffin
Fruit-Juice-Milk

Lunch

Bacon Cheeseburger*
w/Onion Rings

Choose Two:

Pizza Crunchers
Tater Tots

Choose One:

Backed Beans
Applesauce Cup
Whole Fresh Fruit

Thursday, March 27

Breakfast

Zee Zee's Smore Bar
Fruit-Juice-Milk

Lunch

Spicy Chicken Patty on Bun
Breakfast for Lunch*

Choose Two:

Hash Browns
Collard Greens

Choose One:

Spiced Apples
Whole Fresh Fruit

Friday, March 28

Breakfast

Cinnamon roll
Fruit-Juice-Milk

Lunch

Chicken Wings w/Muffin
Individual Pizza Pie

Choose Two:

Steamed Cabbage
French Fries

Choose One:

Pineapple Cup
Whole Fresh Fruit

Monday, March 31

Breakfast

Banana Bread
Fruit-Juice-Milk

Lunch

Buffalo Chicken Pizza
Spaghetti w/Meatballs
w/Garlic Stick

Choose Two:

Sweet Potato Waffle Fries
Green Beans

Choose One:

Dole Fruit Cup
Whole Fresh fruit

AVAILABLE DAILY

Nonfat Milk

Low-fat White Milk

Low-fat Chocolate Milk

***Menu item may
contain pork**

Salad of the Day

Monday - Chef's Salad w/Garlic Stick

Tuesday - Country Chicken Salad, Crackers

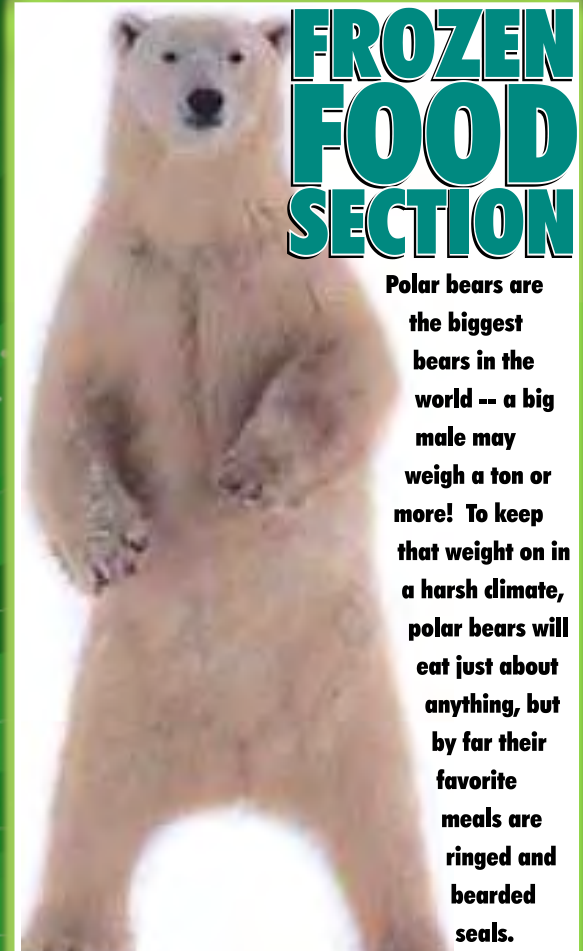
Wed - BLT Salad w/Garlic Stick*

Thursday - Country Chicken Salad/Crackers

Friday - Hawaiian Chicken Salad

w/Lemon Bread

FROZEN FOOD SECTION



Polar bears are the biggest bears in the world -- a big male may weigh a ton or more! To keep that weight on in a harsh climate, polar bears will eat just about anything, but by far their favorite meals are ringed and bearded seals.

ANIMAL APPETITES

START FRESH WITH FRUIT!

Every complete Breakfast@School must include a serving of fruit. That's putting FIRST THINGS FIRST!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!