

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

Breakfast
Banana Bread
Fruit-Juice-Milk

Lunch
Hamburger/Cheeseburger on Bun
Pizza Calzone*
Fish Sticks

Choose Two:
Corn
Taco Fiesta Beans

Choose One:
Orange Cup, Fresh Fruit

Tuesday, March 4

Breakfast
Dunkin Stick
Fruit-Juice-Milk

Lunch
Pizza
Roasted Chicken Leg w/Cornbread Poppers
Turkey & Cheese Anytimer

Choose Two:
Mashed Potatoes w/Gravy
Broccoli

Choose One:
Dole Fruit Cup, Fresh Fruit

Wednesday, March 5

Breakfast
Sausage & Gravy
Breakfast Pizza
Fruit-Juice-Milk

Lunch
Spaghetti w/Meat Sauce
BBQ on Bun*
Yogurt Parfait

Choose Two:
Green Beans
Cole Slaw

Choose One:
Applesauce Cup

Thursday, March 6

Breakfast
Asst Mini Pancakes
Fruit-Juice-Milk

Lunch
Breakfast for Lunch* w/Texas Toast
Fiesta Hot Pockets
Italian Sandwich

Choose Two:
Garden Salad
Hash Browns

Choose One:
Spiced Apples, Fresh Fruit

Friday, March 7

Breakfast
Breakfast Benefit Bar
Fruit-Juice-Milk

Lunch
Half Day
Grab & Go

Monday, March 10

Breakfast
Breakfast Break
Fruit-Juice-Milk

Lunch
Chicken Chunks & Gravy Over Rice
Beef & Cheese Soft Taco
Garlic French Bread

Choose Two:
Refried Beans
Mixed Vegetables

Choose One:
Zee Zee Raisins Fresh Fruit

Tuesday, March 11

Breakfast
Sausage Biscuit*
Fruit-Juice-Milk

Lunch
Buffalo Chicken Dip w/Scoops
Pizza Quesadilla
Meatball Sub

Choose Two:
Au Gratin Potatoes
Cucumber Coins

Choose One:
Peach Cup
Whole Fresh Fruit

Wednesday, March 12

Breakfast
Waffle Envy
Fruit-Juice-Milk

Lunch
Yogurt Parfait
Popcorn Chicken
Grilled Cheese

Choose Two:
Corn
Tomato Soup

Choose One:
Pear Cup, Whole Fresh Fruit

Thursday, March 13

Breakfast
Zee Zee Smore
Fruit-Juice-Milk

Lunch
Corn dog Nuggets
Baked Potato w/Taco Meat w/Cheese & Roll
Macaroni & Cheese Bites

Choose Two:
Broccoli
Baked Beans

Choose One:
Orange Cup, Fresh Fruit

Friday, March 14

Breakfast
Cinnamon Roll
Fruit-Juice-Milk

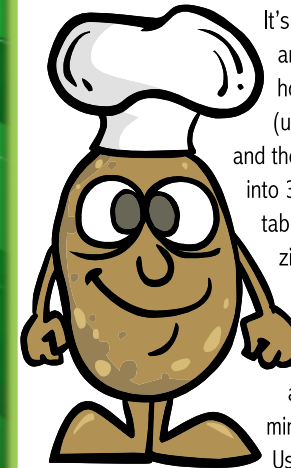
Lunch
Pizza Crunchers
Steak & Cheese Fajita
Turkey, Ham & Cheese Sub/Wrap*

Choose Two:
Green Beans
Emoticon Potatoes

Choose One:
Strawberry Cup, Fresh Fruit



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

Galaxy Pizza
Chicken Fajita
Turkey & Cheese Anytimer

Choose Two:

Sweet Potato Waffle Fries
Corn

Choose One:

Applesauce Cup
Whole Fresh Fruit

Tuesday, March 18

Breakfast

Dunkin Stick
Fruit-Juice-Milk

Lunch

Mozzarella Sticks
Beef Hot Dog
Chicken Nuggets

Choose Two:

Green Beans
Baked Beans

Choose One:

Pineapple Cup
Whole Fresh Fruit

Wednesday, March 19

Breakfast

Sausage & Gravy
Breakfast Pizza

Lunch

Macaroni & Cheese
Chicken & Waffles
Yogurt Parfait

Choose Two:

Roasted Butternut Squash
Spinach

Choose One:

Mixed Fruit Cup
Whole Fresh Fruit

Thursday, March 20

Breakfast

Asst. Mini Pancakes
Fruit-Juice-Milk

Lunch

Nachos w/Chili
w/Cheese & Roll
Cheese Manicotti
Stromboli*

Choose Two:

Steamed Cabbage
Garden Salad

Choose One:

Peach Cup, Fresh Fruit

Friday, March 21

Breakfast

Breakfast Benefit Bar
Fruit-Juice-Milk

Lunch

Chicken Patty on Bun
Teriyaki Chicken Bowl
w/Fried Rice
Pizza Pinwheels

Choose Two:

French Fries
Broccoli

Choose One:

Pear Cup, Fresh Fruit

Monday, March 24

Breakfast

Breakfast Break
Fruit-Juice-Milk

Lunch

Hamburger/Cheeseburger
On Bun
Pizza Calzone*
Fish Sticks

Choose Two:

Corn
Taco Fiesta Beans

Choose One:

Orange Cup, Fresh Fruit

Tuesday, March 25

Breakfast

Sausage Biscuit*
Fruit-Juice-Milk

Lunch

Pizza
Roasted Chicken Leg
w/Cornbread Poppers
Turkey & Cheese Anytimer

Choose Two:

Mashed Potatoes w/Gravy
Broccoli

Choose One:

Dole Fruit Cup, Fresh Fruit

Wednesday, March 26

Breakfast

Waffle Envy
Fruit-Juice-Milk

Lunch

Spaghetti w/Meat Sauce
BBQ on Bun*
Yogurt Parfait

Choose Two:

Green Beans
Cole Slaw

Choose One:

Applesauce
Whole Fresh Fruit

Thursday, March 27

Breakfast

Zee Zee's Smore Bar
Fruit-Juice-Milk

Lunch

Breakfast for Lunch*
w/Texas Toast
Fiesta Hot Pockets
Italian Sandwich

Choose Two:

Garden Salad
Hash browns

Choose One:

Spiced Apples Fresh Fruit

Friday, March 28

Breakfast

Cinnamon Roll
Fruit-Juice-Milk

Lunch

Veg. Chili w/Scoops
Fiestada Pizza
Boneless Chicken Wings

Choose Two:

Collard Greens
Cherry Tomatoes

Choose One:

Strawberry Cup
Whole Fresh Fruit

Monday, March 31

Breakfast

Banana Bread
Fruit-Juice-Milk

Lunch

Chicken Chunks & Gravy
Over Rice
Bee/Cheese Soft Taco
Garlic French Bread

Choose Two:

Refried Beans
Mixed Vegetables

Choose One:

Zee Zee Raisins, Fresh Fruit

AVAILABLE DAILY

Sliced Apples

Cut-up Fresh Fruit

Yogurt w/String Cheese

w/Cheez-its

1% White, Low-fat Flavored Skim Milk

***Menu item contains pork**

Salad of the Day

Monday - Chef's Salad w/Garlic Stick

Tuesday - Country Chicken Salad, Crackers

Wed - Southwestern Chicken Salad, Muffin

Thursday - BLT Salad w/Garlic Stick*

Friday - Country Chicken Salad w/Crackers



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!