

# Menus for March 2026

**Elementary**  
Breakfast-No Charge Lunch \$2.70

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



## Happy St. Patrick's Day!

## Spring Forward



### Sunday, March 8



Wikimedia: Hesperian

THE **QUOKKA**, A CAT-SIZED MARSUPIAL, CARRIES ITS BABIES IN A POUCH -- ONE OF THE REASONS IT'S OFTEN CALLED THE **CUTEST** ANIMAL IN THE WORLD! BUT CUTENESS IS IN THE EYE OF THE BEHOLDER. IN 1696, A DUTCH EXPLORER NAMED THE AUSTRALIAN ISLAND WHERE QUOKKAS LIVE "ROTTNEST" -- OR "**RAT'S NEST**" -- BECAUSE HE THOUGHT THE CUDDLY CRITTERS LOOKED LIKE OVERGROWN RODENTS!

# STRANGE BUT TRUE!

## PARALYMPIC WINTER GAMES



### Milano Cortina, Italy March 6-15

#### Monday, March 2

**Breakfast**  
Fruit Muffin & String Cheese

**Lunch**  
1. Chicken Tenders & Garlic Breadstick  
2. SunButter & Jelly Sandwich w/String Cheese  
3. Chef Salad w/Dinner Roll

Cheesy Scalloped Potatoes  
Fresh Veggie Choice  
Fruit Choice

#### Tuesday, March 3

**Breakfast**  
Cinnamon Roll

**Lunch**  
1. Totchos(Tasty Boat of Tater Tots, Taco Beef, & Cheese)  
2. SunButter & Jelly Sandwich w/String Cheese  
3. Chef Salad w/Dinner Roll

Golden Corn Niblets  
Fresh Veggie & Fruit Choice  
Cheez Its

#### Wednesday, March 4

**Breakfast**  
Bagel & Cream Cheese

**Lunch**  
1. Hot Ham & Cheese on Pretzel Bun  
2. SunButter & Jelly Sandwich w/String Cheese  
3. Chef Salad w/Dinner Roll

Homestyle Chicken Noodle Soup  
Carrot Coins  
Fresh Veggie & Fruit Choice

#### Thursday, March 5

**Breakfast**  
Breakfast Pizza

**Lunch**  
1. Popcorn Chicken & Roll  
2. SunButter & Jelly Sandwich w/String Cheese  
3. Chef Salad w/Dinner Roll

Oven Fries  
Fresh Veggie Choice  
Fruit Choice

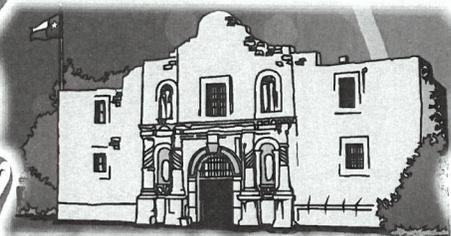
#### Friday, March 6

**Breakfast**  
Cinni-Mini

**Lunch**  
1. Cheesy Pizza Crunchers  
2. SunButter & Jelly Sandwich w/String Cheese  
3. Chef Salad w/Dinner Roll

Steamy Broccoli  
Fresh Grape Tomatoes  
Fruit Choice

## ★ OUR NATION'S HISTORY ★



On March 6, 1836, the Alamo Mission in San Antonio, Texas fell to army of General Santa Ana of Mexico. The Alamo, defended by fewer than 200 men against several thousand soldiers, had held out for 13 days.

### ★ WITH LIBERTY & JUSTICE FOR ALL ★

#### Monday, March 9

**Breakfast**  
Fruit Muffin & String Cheese

**Lunch**  
1. Homestyle Breaded Chicken Sandwich  
2. Pizza Munchable  
3. Chef Salad w/Dinner Roll

Buttered Noodles  
Mixed Vegetables  
Fresh Veggie Choice  
Fruit Choice

#### Tuesday, March 10

**Breakfast**  
Pancake Pak

**Lunch**  
1. Cheeseburger on Bun  
2. Pizza Munchable  
3. Chef Salad w/Dinner Roll

Oven Fries  
Baked Beans  
Fresh Veggie Choice  
Fruit Choice

#### Wednesday, March 11

**Breakfast**  
Oatmeal Benefit Bar

**Lunch**  
1. Chicken Ranch Wrap  
2. Pizza Munchable  
3. Chef Salad w/Dinner Roll

Golden Corn Niblets  
Baby Carrots  
Fruit Choice

#### Thursday, March 12

**Breakfast**  
Yogurt & Cinnamon Grahams

**Lunch**  
1. Rotini Pasta & Meatballs w/ Soft Garlic Breadstick  
2. Pizza Munchable  
3. Chef Salad w/Dinner Roll

Tasty Green Beans  
Fresh Veggie Choice  
Fruit Choice

#### Friday, March 13

**Breakfast**  
Cinni-Mini

**Lunch**  
1. Stuffed Crust Pizza  
2. Pizza Munchable  
3. Chef Salad w/Dinner Roll

Sweet Peas  
Fresh Veggie Choice  
Fruit Choice

# SQUEEZED FOR TIME?

Up to 30% of kids skip breakfast every school day. Even if your mornings are frantic, you'll feel better all day and do better in school, too, if you've had a balanced, nutritious breakfast!



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

**Monday, March 16**

**Breakfast**  
Fruit Muffin & String Cheese

**Lunch**  
1. Sweet Teriyaki Chicken & Rice  
2. Breaded Chicken Sandwich  
3. Chef Salad w/Dinner Roll

Steamy Broccoli  
Fresh Veggie Choice  
Fruit Choice

**Monday, March 17**

**Breakfast**  
Cinnamon Roll

**Lunch**  
1. Lucky Turkey & Cheese Mini Sub  
2. Breaded Chicken Sandwich  
3. Chef Salad w/Dinner Roll

Smiley Irish Eyes Potatoes  
Fresh Veggie Choice  
Fruit Choice  
Shamrock Frozen Treat

**Wednesday, March 18**

**Breakfast**  
Bagel & Cream Cheese

**Lunch**  
1. Hot Dog on Bun  
2. Breaded Chicken Sandwich  
3. Chef Salad w/Dinner Roll

Baked Beans  
Baby Carrots & Ranch Dip  
Fruit Choice

**Thursday, March 19**

**Breakfast**  
Breakfast Bread

**Lunch**  
1. Chicken & Waffle  
2. Breaded Chicken Sandwich  
3. Chef Salad w/Dinner Roll

Mashed Potatoes & Gravy  
Fresh Veggie Choice  
Fruit Choice

**Friday, March 20**

**Breakfast**  
Cinni-Mini

**Lunch**  
1. Cheesy Pizza Crunchers  
2. Breaded Chicken Sandwich  
3. Chef Salad w/Dinner Roll

Peas & Carrots  
Fresh Grape Tomatoes  
Fruit Choice

**Monday, March 23**

**Breakfast**  
Fruit Muffin & String Cheese

**Lunch**  
1. Chicken & Cheese Quesadilla  
2. Hamburger on Bun  
3. Chef Salad w/Dinner Roll

Steamed Rice  
California Blend Veggies  
Veggie & Fruit Juice  
Fruit Choice

**Tuesday, March 24**

**Breakfast**  
Breakfast Pizza

**Lunch**  
1. French Toast & Sausage  
2. Hamburger on Bun  
3. Chef Salad w/Dinner Roll

Hash Brown Potato  
Baby Carrots  
Fruit Choice

**Wednesday, March 25**

**Breakfast**  
Oatmeal Benefit Bar

**Lunch**  
1. Walking Taco w/Beef & Cheese  
2. Hamburger on Bun  
3. Chef Salad w/Dinner Roll

Golden Corn Niblets  
Fresh Veggie Choice  
Fruit Choice

**Thursday, March 26**

**Breakfast**  
Yogurt & NutriGrain Bar

**Lunch**  
1. Toasted Cheese Sandwich  
2. Hamburger on Bun  
3. Chef Salad w/Dinner Roll

Tomato Soup & Goldfish Crackers  
Fresh Veggie Choice  
Fruit Choice

**Friday, March 27**

**Breakfast**  
Cinni-Mini

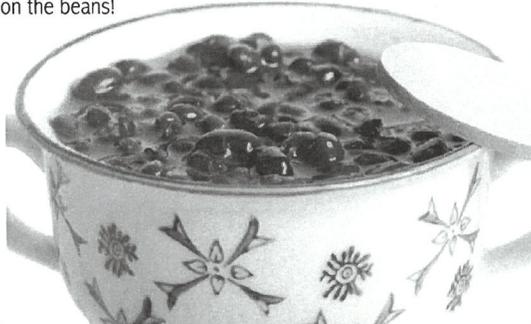
**Lunch**  
1. Cheese Pizza  
2. Hamburger on Bun  
3. Chef Salad w/Dinner Roll

Steamy Broccoli  
Fresh Veggie Choice  
Fruit Choice



# Boost your Burrito!

Burritos made at home or at a Mexican restaurant, should **ALWAYS INCLUDE BEANS!** These tasty little wonders are a nutritional powerhouse, brimming with fiber, protein, and nutrients. For good nutrition, skimp on the cheese and load up on the beans!



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)

**Monday, March 30**

**Breakfast**  
Fruit Muffin & String Cheese

**Lunch**  
1. Homestyle Breaded Chicken Sandwich  
2. SunButter & Jelly Sandwich w/String Cheese  
3. Chef Salad w/Dinner Roll

Cheesy Cauliflower  
Fresh Veggie Choice  
Fruit Choice

**Tuesday, March 31**

**Breakfast**  
Pancake Pak

**Lunch**  
1. Cheeseburger on Bun  
2. SunButter & Jelly Sandwich w/String Cheese  
3. Chef Salad w/Dinner Roll

Oven Fries  
Baked Beans  
Fresh Veggie Choice  
Fruit Choice

## Weird SCIENCE

### Make a RUBBER EGG!

**You'll Need:**

- ✓ a raw egg
- ✓ white vinegar
- ✓ a plastic container

- 1 Place the raw egg in the container and cover it with vinegar.
- 2 After 24 hours, gently prod the egg with your finger. Does it feel soft and elastic like rubber? (If not, replace the vinegar with fresh vinegar and wait another 24 hours.)
- 3 Congratulations! You have used the vinegar to "decalcify" the egg. The egg shell contains a substance called "calcium carbonate." The acid in the vinegar dissolves the calcium carbonate in the egg shell, and what's left is soft and flexible rather than hard and rigid. You've created a rubber egg!
- 4 Poke the egg (gently) with a fork until you pierce the shell and the yolk and white come out. The shell should look like a popped balloon!