



Big A
March
2023



However you
measure time at
your house,
don't forget
to move the
clocks ahead
one hour on
March 12!

Wednesday, March 1

Breakfast

Mini
Pancake

Lunch

Rotini w/Meat
Sauce
Garlic Bread
Glazed Carrots
Fruit

Thursday, March 2

Breakfast

French Toast
Stix

Lunch

Popcorn Chicken
w/Rice
Spring Roll
Veggie Blend
Fruit

Friday, March 3

Breakfast

Chicken
Biscuit

Lunch

Pizza
Garden Salad
Corn
Frozen Fruit Cup

Students:
Breakfast-No Charge
Lunch-No Charge

Daily Options:
(Kindergarten)
Protein Power Pack
with Yogurt,
String Cheese,
Grain, &
Fruit/Veggie

All meals include milk choice:
Fat Free Flavored,
Skim, and 1% milk

Market conditions, delivery, and availability of food may require changes in menu.

This institution is an equal opportunity provider.

Monday, March 6

Breakfast

Breakfast
Bun

Lunch

Mini Corn Dogs
Baked Beans
Tator Tots
Fruit

Tuesday, March 7

Breakfast

Sausage
Biscuit

Lunch

Breakfast Pizza
Veggie Dipper
Hashbrown
Fruit

Wednesday, March 8

Breakfast

Mini
Donuts

Lunch

Fish Sticks
Mac N Cheese
Broccoli
Fruit

Thursday, March 9

Breakfast

Cereal Bar

Lunch

Brunch for Lunch
Chicken and
Waffles
Veggie Dipper
Fruit

Friday, March 10

Breakfast

Chicken
Biscuit

Lunch

Pizza Stix
w/Marinara
Garden Salad
Corn
Fruit

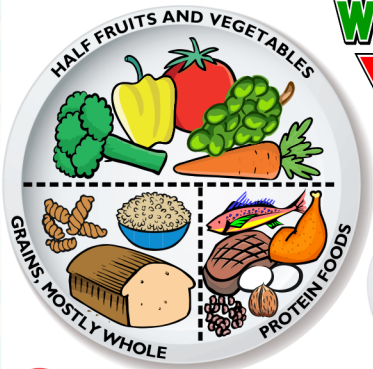
BARNYARD MANNERS



When a rooster finds something good to eat in the course of making his rounds, he will often call his flock over to eat first before he eats. He even has a special call to let the hens know that he has found

something tasty. So the next time someone accuses you of having barnyard manners, tell them thanks!

ANIMAL APPETITES



What's on
YOUR
plate?



Get a watch with a second hand, and then time yourself to see how long it takes you to find the **FOUR-LEAF CLOVER** in the puzzle!



People can eat clover (it's actually a good source of protein), but it's hard for us to digest. So how does clover figure into our diets? Well, some of the meat we eat comes from animals that eat a lot of clover, and clover is also a favorite source of nectar that bees turn into honey. Just because we don't eat something, that doesn't mean it's not important for us!

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

Monday, March 13

Breakfast

Mini
French Toast

Lunch

Hot Dog
Baked Beans
Potato Smile
Fruit

Tuesday, March 14

Breakfast

Sausage
Biscuit

Lunch

Walking Taco
w/ Lettuce, Cheese,
& Salsa
Refried Beans
Fruit

Wednesday, March 15

Breakfast

Toaster
Pastry

Lunch

Spaghetti w/Meat
Sauce
Garlic Bread
Glazed Carrots
Fruit

Thursday, March 16

Breakfast

Pancake
Pup

Lunch

Chicken Nuggets
Dinner Roll
Potato Wedges
Green Beans
Fruit

Friday, March 17

Monday, March 20

Breakfast

Muffin

Lunch

Hamburger
Baked Beans
French Fries
Fruit

Tuesday, March 21

Breakfast

Sausage
Biscuit

Lunch

Mini Quesadillas
w/ Salsa & Cheese
Black Beans
Fruit

Wednesday, March 22

Breakfast

Breakfast
Bread

Lunch

Ham Sandwich
Veggie Dippers
Baked Chips
Fruit
Honey Graham

Thursday, March 23

Breakfast

Mini
Cinnis

Lunch

Chicken
Drumstick
Dinner Roll
Mashed Potatoes
Broccoli
Fruit

Friday, March 24

Breakfast

Chicken
Biscuit

Lunch

Mini Calzones
w/Marinara
Garden Salad
Frozen Fruit Cup

Monday, March 27

Breakfast

French Toast
Stix

Lunch

Grilled Cheese
Tomato Soup
Tator Tots
Fruit

Tuesday, March 28

Breakfast

Sausage
Biscuit

Lunch

Chicken Fajitas
w/ Lettuce, Cheese,
& Salsa
Black Beans & Corn
Fruit

Wednesday, March 29

Breakfast

Mini Breakfast
Bagels

Lunch

Mini Corn Dogs
Baked Beans
French Fries
Fruit

Thursday, March 30

Breakfast

Cinnamon
Roll

Lunch

Chicken
Nuggets
Dinner Roll
Mashed Potatoes
Green Beans
Fruit

Friday, March 31

Breakfast

Chicken
Biscuit

Lunch

Pizza
Garden Salad
Corn
Frozen Fruit Cup