



March
2023
SCHS



Wednesday, March 1

Lunch
 Cheeseburger
 Lettuce/Pickles
 Baked Beans
 Potato Wedges
 Fruit

Thursday, March 2

Lunch
 Popcorn Chicken
 w/Rice
 Spring Roll
 Veggie Blend
 Fruit
 Fortune Cookie

Friday, March 3

Lunch
 Pizza Stix
 w/ Marinara
 Garden Salad
 Veggie Dippers
 Frozen Fruit Cup

Price Info:
 Student Breakfast \$1.25
 Student Lunch \$2.20
 Staff Breakfast-\$1.75
 Staff Lunch -\$3.00

 Extra Milk- \$.50
 Second Entrée- \$1.50

Other:
 Pizza
 Sub Sandwich
 Sandwich Variety
 Burger Variety
 Fresh Salad Variety
 Grab N Go Items

 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

Lunch
 Chili
 Pretzel w/Cheese
 Tator Tots
 Veggie Dippers
 Fruit

Tuesday, March 7

Lunch
 Chicken Fajita
 Wrap
 w/ Salsa & Cheese
 Veggie Dipper
 Corn & Black
 Beans
 Fruit

Wednesday, March 8

Lunch
 Spaghetti
 w/Meat Sauce
 Garden Salad
 Garlic Bread
 Broccoli
 Fruit

Thursday, March 9

Lunch
 Brunch for Lunch
 Chicken N Waffles
 Hashbrown
 Veggie Dipper
 Fruit

Friday, March 10

Lunch
 BBQ Sandwich
 Coleslaw/Pickles
 Baked Beans
 French Fries
 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

Lunch

Chicken Sandwich
Lettuce, Tomato,
Pickles
Veggie Dippers
French Fries
Fruit

Tuesday, March 14

Lunch

Mini Quesadillas
w/Salsa & Cheese
Refried Beans
Veggie Dippers
Fruit

Wednesday, March 15

Lunch

Calzones
w/ Marinara
Garden Salad
Corn
Fruit

Thursday, March 16

Lunch

Grilled Cheese
Sandwich
w/Soup
Veggie Dippers
Fruit

Friday, March 17

No School
Teacher Work Day

Monday, March 20

Lunch

Rotini
w/Meat Sauce
Garden Salad
Garlic Bread
English Peas
Fruit

Tuesday, March 21

Lunch

Chicken Fajita
Wrap
w/ Salsa & Cheese
Veggie Dipper
Refried Beans
Fruit

Wednesday, March 22

Lunch

Sub Your Way
Ham & Cheese
w/fixings
Veggie Dippers
Baked Chips
Fruit

Thursday, March 23

Lunch

Chicken
Tenders
Biscuit & Gravy
Roasted Potatoes
Green Beans
Fruit

Friday, March 24

Lunch

Pizza
Garden Salad
Corn
Frozen Fruit Cup

Monday, March 27

Lunch

Meatball Sub
w/Marinara
Veggie Dippers
Baked Chips
Fruit

Tuesday, March 28

Lunch

Chicken Burrito
Salsa & Cheese
Corn
Refried Beans
Fruit

Wednesday, March 29

Lunch

Loaded Baked
Potato
Pretzel w/Cheese
Broccoli
Fruit

Thursday, March 30

Lunch

Chicken Sandwich
Lettuce, Tomato,
Pickles
Veggie Dippers
French Fries
Fruit

Friday, March 31

Lunch

Hot Dog
w/chili
Coleslaw
Baked Beans
Tator Tots
Fruit