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Menus for ARCH 2024

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March 2-6 is

"Read Across America" Week

This institution is an equal opportunity provider and employer. Menu subject to change



FIRST THINGS FIRST!

This year, we've been telling you a lot about the educational and health benefits of eating a nutritious breakfast. Remember: kids can't do their best unless they're well fed in the morning!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE! Breakfast 1. Egg McSpartan 2. WG Donuts Fruit /Milk Lunch 1.Macaroni & Cheese 2. Protein Pack-Trix Yogurt/Banana Bread Slice/Cheese Stick Broccoli & Cauliflower Fruit/Veggies Milk

Friday, March I

YOU'RE GOOD All students eat breakfast@ NO COST all year long

Join us March 4-8

2024.



Monday, March 4	Tuesday, March 5	Wednesday, March 6	Thursday, March 7	Friday, March 8
Breakfast 1. Cinni Mini 2.Assorted Muffins Fruit /Milk Lunch 1. Egg & Cheese Omelet with Cinnamon Roll 2. Assorted Cereal Canadian Bacon Tater Tots Trix Yogurt Fruit/Veggies One Fish Two Fish Red Fish Treat	Breakfast 1. Bacon, Egg & Cheese Croissant 2. Donut Holes Fruit/Milk Lunch 1. Pepperoni Pizza 2. Grilled Cheese 3.Spartan Chicken Salad Tomato Soup Chicken Noodle Soup Fruit/Veggies Milk	Breakfast 1. Chocolate Chip Waffle 2. Beach Cup Yogurt Parfait Fruit/Milk Lunch 1.Popcorn Chicken 2. Roasted Turkey 3.Spartan Chicken Salad Mashed Potatoes/ Gravy & Corn Dinner Roll Fruit/Veggies	Breakfast 1. Sausage Egg & Cheese Croissant 2. Assorted Muffins Fruit/Milk Lunch 1. Cheese Lasagna Roll Ups with Breadstick 2. Bosco Cheese Sticks 3.Spartan Chicken Salad Side Salad Fruit/Veggies	Breakfast 1. Egg McSpartan 2. WG Donuts Fruit/Milk 1.Hot Dog on WG Bun 2. American Hoagie Assorted chips Baked Beans Fruit Fruit/Veggies Milk

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Monday, March II	Tuesday, March I2	Wednesday, March I3	Thursday, March 14	Friday, March 15	HALF FRUITS AND VEGETABLE What's ON
Breakfast 1. Cinni Mini 2.Assorted Muffins Fruit/Milk	Breakfast 1. Bacon, Egg & Cheese Croissant 2. Donut Holes Fruit/Milk	<u>Breakfast</u> 1. Chocolate Chip Waffle 2. Assorted Cereal Fruit/Milk	<u>Breakfast</u> 1. Sausage Egg & Cheese Croissant 2. Assorted Muffins Fruit/Milk <u>Lunch</u>	<u>Breakfast</u> 1. Egg McSpartan 2. WG Donuts Fruit/Milk	YOUR Plates
Lunch 1. French Toast Sticks & Sausage 2. Sausage, Egg & Cheese Croissant Hashbrowns Fruit/Veggies	<u>Lunch</u> 1.Walking Taco 2. Chicken Fries 3.Chicken Caesar salad WG Rice Black Bace Ficets	<u>Lunch</u> 1.Chicken Tenders 2.Granola, Fruit and Yogurt Parfait 3.Chicken Caesar Salad	1.General Tso's Chicken 2. Sea Wonder Fish Shapes 3.Chicken Caesar Salad WG Rice	<u>Lunch</u> 1. Cheeseburger 2. Meat and Cheese Nachos Sweet Potato Puffs Fruit/Veggies Milk	OR AND
Milk	Black Bean Fiesta Fruit/Veggies Milk	Smiley Fries Fruit/Veggies Milk	Steamed Broccoli Fruit/Veggies Milk	St. Patrick's Day Jell-O Treat	What did the Same
					Teddy Bear
Monday, March 18	Tuesday, March 19	Wednesday, March 20	Thursday, March 2I	Friday, March 22	say when
Breakfast 1. Cinni Mini 2.Assorted Muffins Fruit/Milk Lunch 1. Max Sticks with Marinara & French Fries 2. Pork & Veggie Dumplings over Stir Fried Rice Fruit/Veggies Milk	Breakfast 1. Bacon, Egg & Cheese Croissant 2. Donut Holes Fruit /Milk Lunch 1.Chicken Nuggets 2. Hot Dog on WW Roll 3.Taco Salad Macaroni & Cheese Baked Beans Fruit/Veggies First day of Spring Bloom Ice Cup	Breakfast 1. Chocolate Chip Waffle 2. Assorted Cereal Fruit /Milk <u>Lunch</u> 1. Cheese Pizza 2. Corn Dogs 3.Taco Salad Curly fries Fruit/Veggies Milk	Breakfast 1. Sausage Egg & Cheese Croissant 2. Assorted Muffins Fruit/Milk <u>Lunch</u> 1. Build a Pizza Munchable 2. Chicken patty Sandwich 3.Taco Salad Buttered Noodles Fruit/Veggies Milk	No School Today	he was offered dessert: Use of the second second second second second dessert: Actually, that's not a bad answer for a real kid, too. Foods that are mainly sugar, fat, or oil like candy and desserts are fine in small portions and once in awhile. But they should not replace healthy foods in your diet and they should not be an every day choice! Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html
Monday, March 25	Tuesday, March 26				
Breakfast 1. Cinni Mini 2.Assorted Muffins Fruit/Milk <u>Lunch</u> 1. Egg & Cheese Omelet with Cinnamon Roll 2. Assorted Cereal Bacon Tater Tots Trix Yogurt Fruit/Veggies Milk	Breakfast 1. Bacon, Egg & Cheese Croissant 2. Donut Holes Fruit/Milk <u>Lunch</u> 1. Pepperoni Pizza 2. Grilled Cheese Tomato Soup Chicken Noodle Soup Fruit/Veggies Milk	Mow Appeazing Specified Break Advector Production. Standard Standing Viol and Viola Friends. Spring Conferences : Spring Break: March 27th-28th March 29th-April 1st			DUCTOR DUCTOR COLOR Numerica Strand Markens RightHickens soup 18 good for a cold;Hickens soup 18 good for a cold;Hickens soup helps to ease coldMarkens by breaking up congestion;Keping you hydrated, and even actingA an anti-inflammatory. The tastsHare's no cure for a cold, but aJiping hot bowl of soup canA DUCK BIER FOR PARENCES