

Menus for March 2024



Rogersville City School

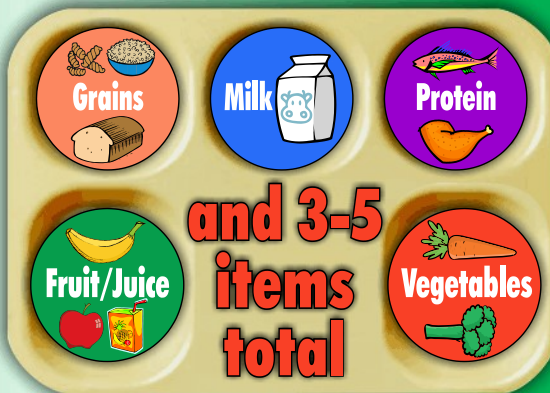
This institution is an equal opportunity provider. Menus are subject to change.

DON'T 4GET!

To make a lunch,
choose at least one




or



and 3-5
items
total

Rogersville City School

★ OUR NATION'S HISTORY ★



Beginning with a severe famine in the 1840's, millions of Irish people came to America seeking a better life and greater freedom. By the late 1800's, New York had a larger population of people born in Ireland than did Dublin, the Irish capital. Today, more than 30 million Americans claim Irish heritage, more than seven times the entire population of Ireland itself.

★ WITH LIBERTY & JUSTICE FOR ALL ★

Friday, March 1

BREAKFAST

.Pancakes or
Grab-n-Go

Lunch

Bacon Cheese
Burger
PBJ/Cheese stick
Sides

French Fries
Glazed Carrots
Chilled Pears



BREAK AN EGG.

Hey, why do you think it's called BREAKfast? A breakfast sandwich of an egg, a slice of lean ham, and a piece of cheese on a whole-wheat English muffin, with an orange and lowfat milk, provides a delicious variety of foods, and only about 550 calories. Keeps you feeling full, too. Enjoy!

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

Monday, March 4

BREAKFAST

French toast or
Grab-n-Go

Lunch

"Cat in the Hat's"
Crispy Chicken
Sandwich
PBJ/Cheese stick

Sides

Greens
Golden Corn
Fruit

Tuesday, March 5

Virtual Instruction Learning Day

**Breakfast will be
available from
7:20am-8:00am
Lunch will be
available from
11:00am-12:00pm.**

**Any student
wanting a meal
must eat in the
cafeteria.**

Wednesday, March 6

BREAKFAST

Chicken Biscuit or
Grab- n-Go

Wacky Wed. Lunch

Corny

Corn Dog Nuggets
PBJ/Cheese stick

Sides

Home-style Pinto
Beans
Tater Tots
Fruit

Thursday, March 7

BREAKFAST

Muffin or
Grab-n-Go

Lunch

Grammy Norma's
Bacon Cheeseburger
PBJ/Cheese Stick

Sides

French Fries
Glazed Carrots
Fresh Fruit

Friday, March 8

BREAKFAST

Eggs or
Grab-n-Go

Lunch

Tricky Knox
"Pop"corn Chicken
PBJ/Cheese Stick
Sides
Cole Slaw
Broccoli with Cheese
Chilled Applesauce

On Virtual Instruction Learning Days, RCS cafeteria meals will be ready to eat foods that must be consumed in the cafeteria. A waiting area inside the school for adults will be limited for spatial reasons.

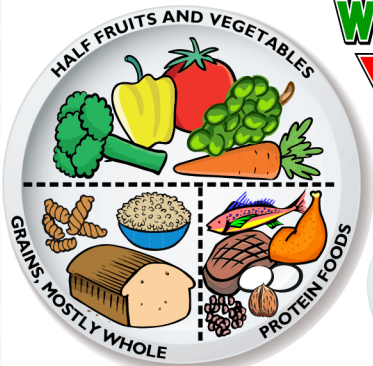
BARNYARD MANNERS



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 11

BREAKFAST

Waffles or
Grab-n-Go

Lunch

Big Daddy
Pepperoni Pizza
PBJ/Cheese Stick
Sides

California Blend
Corn
Oranges

Tuesday, March 12

BREAKFAST

Sausage Biscuit or
Grab-n-Go

Lunch

Chicken and
Dumplings
PBJ/Cheese Stick
Sides

Fresh Garden Salad
French Fries
Pineapple Tidbits

Wed., March 13

BREAKFAST

Pancakes or
Grab-n-Go

Lunch

Grilled Cheese
PBJ/Cheese Stick

Sides

Tomato Soup
Homemade Coleslaw
Chilled Applesauce

Thursday, March 14

BREAKFAST

Muffin or
Grab-n-Go

Lunch

Cheese Quesadilla
PBJ/Cheese Stick

Sides

Tater Tots
Veggie Cups
Salsa
White chicken chili

Friday, March 15

Breakfast

Biscuit and Gravy or
Grab-n-Go

Lunch

Chicken Salad Sand.
PBJ/Cheese Stick

Sides

Broccoli & Cheese
Potato Wedges
Chilled Pears or
100% Fruit Juice

no Worries



last day of
classes:
Friday, March 15

classes resume:
Monday, March 25

SPRING BREAK

Monday, March 25

BREAKFAST

French Toast or
Grab-n-Go

Lunch

Crispy Chicken
Sandwich
PBJ/Cheese stick

Sides

Greens
Golden Corn
Fruit

Tuesday, March 26

BREAKFAST

Chicken Biscuit or
Grab-n-Go

Lunch

Chicken Tenders
PBJ/Cheese Stick

Sides

Glazed Carrots
Tater Tots
Hot Roll
Pineapple Tidbits

Wed., March 27

BREAKFAST

Pancakes or
Grab-n-Go

Lunch

Corn Dog Nuggets
PBJ/Cheese stick

Sides

Homestyle Pinto
Beans
Tater Tots
Choice of 100% Fruit

Thursday, March 28

BREAKFAST

Sausage Biscuit or
Grab-n-Go

Lunch

Bacon Cheeseburger
PBJ/Cheese Stick

Sides

French Fries
Glazed Carrots
Fresh Fruit

Friday, March 29

No School

Good Friday