

# MARCH 2025

## SOMETHING'S **BURNING** Exercise for good health

You can burn about 500 calories an hour shoveling snow (or dirt). That's almost as many as you burn playing basketball or soccer. But don't forget to keep your back straight and let your legs do the work!



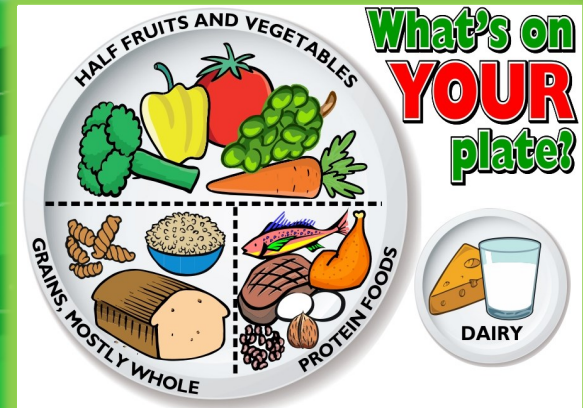
Don't forget to set your clocks forward one hour on Sunday, March 9!

This institution is an equal opportunity provider. Menus

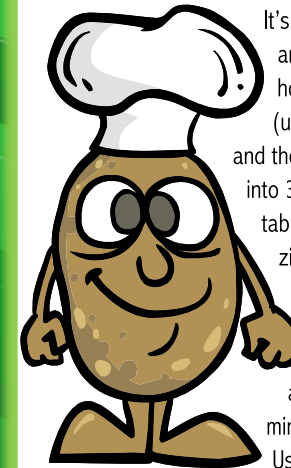
Monday, March 3	Tuesday, March 4	Wednesday, March 5	Thursday, March 6	Friday, March 7
<b>Breakfast</b> Super Bakery Blueberry Munchkins Choice of Fruit & or Fruit Juice Milk Choice	<b>Breakfast</b> Mini Cini Choice of Fruit & or Fruit Juice Milk Choice	<b>Breakfast</b> Super Bakery Pull Apart Daisey Choice of Fruit & or Fruit Juice Milk Choice	<b>Breakfast</b> Super Bakery Cinnamon Roll Choice of Fruit or Fruit Juice & Milk Choice	Strawberry Cream Cheese Bagel Stick Choice of Fruit & or Fruit Juice Milk Choice
<b>Lunch</b> Chicken Nuggets w Dipping Sauce W.G. Corn Dog Oven Fries Three Bean Salad	<b>Lunch</b> Chicken & Biscuit w Juicy Chicken Patty Fluffy Whipped Potatoes Fresh Broccoli Florets	<b>Lunch</b> Creamy Macaroni & Cheese w W.G. Dinner Roll Boneless Wing Boat w Garlic Bread Stick Homemade Baked Beans	<b>Lunch</b> Pizza-Burgers Wow Butter Jammer w Cheese Stick Cheese & Crackers Tender Green Beans Whole Peeled Baby Carrots	<b>Lunch</b> Homestyle Mozzarella Bread Sticks w Side of Marinara Sauce Fish Sticks Garden Salad w Lite Dressing Seasoned Peas

National School Breakfast Week— Pick up a breakfast and be eligible for a lunch Prize

Monday, March 10	Tuesday, March 11	Wednesday, March 12	Thursday, March 13	Friday, March 14
<b>Breakfast</b> Pumpkin Bread Choice of Fruit & or Fruit Juice Milk Choice	<b>Breakfast</b> Yogurt & Granola Choice of Fruit & or Fruit Juice Milk Choice	<b>Breakfast</b> Cinnamon Dunkin Stix Choice of Fruit & or Fruit Juice Milk Choice	<b>Breakfast</b> Crumbles & Cream Benefit Bar Choice of Fruit & or Fruit Juice Milk Choice Choice of Fruit or Fruit Juice Milk Choice	<b>Breakfast</b> Super Bakery Powdered Minis Choice of Fruit & or Fruit Juice Milk Choice
<b>Lunch</b> Meatballs w Gravy over Buttered Noodles W.G. D. Roll W.G. Corn Dog Glazed Carrots Fresh Cucumber & Grape Tomato	<b>Lunch</b> Turkey Hot Dog on Bun w Fixings Juicy Chicken Patty Seasoned Mixed Vegetables Sliced Beets	<b>Lunch</b> Rotini W Meat Sauce & Garlic Bread Stick Boneless Wing Boat w Garlic Bread Stick Garden Salad w Lite Dressing Fresh Broccoli Florets	<b>Lunch</b> Italian Combo Platter W Garlic Bread Stick Wow Butter Jammer w Stick & Crackers Tender Green Beans Fresh Celery Sticks	<b>Lunch</b> Stuffed Crust Pizza W or W out Pepperoni Crispy Fish Sticks Whole Baby Peeled Carrots Seasoned Peas



## HEALTHY SPUDS!



It's easy and fun to make healthy and delicious "french fries" at home. Cut a medium potato (unpeeled) in quarters lengthwise, and then slice each quarter lengthwise into 3 or 4 fries. Toss with a tablespoon or two of olive oil in a zipped gallon bag, spread on a baking sheet (use parchment paper for easier clean up), sprinkle with salt and pepper, and bake at 425 for about 20 minutes or until desired crispness. Use 2 potatoes for every 3 people.

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 17

**HAPPY ST. PATRICK'S DAY**

**Breakfast**

Banana Bread Slice  
Choice of Fruit & or Fruit  
Juice Milk Choice

**Lunch**

Rib Bar Bee Que  
Sandwich w BBQ Sauce  
W.G. Corn Dogs  
Homemade Baked Beans  
Tender Green Beans

Tuesday, March 18

**Breakfast**

Whole Grain Crackers & Cheese Stick  
Choice of Fruit & or Fruit  
Juice Milk Choice

**Lunch**

French Toast Slices w Warm Syrup & Ember Farms Sausage Link  
Juicy Chicken Patty  
Baked Hash Browns  
Baby Whole Peeled Carrots

Wednesday, March 19

**Breakfast**

Mini French Toast  
Choice of Fruit & or Fruit  
Juice Milk Choice

**Wellness Wednesday**

**Lunch**

Lunchable: Turkey, Cheese Stick, Cucumbers, Grape Tomatoes, Rach Dip & Whole Grain Crackers  
Boneless Wing Boat w Garlic Bread Stick  
Hash Browns  
Fresh Celery Sticks  
Wellness Fruit Tray

Thursday, March 20

**Breakfast**

Celebration Benefit Bar  
Choice of Fruit & or Fruit  
Juice Milk Choice

**Lunch**

Cherry Blossom Chicken over Rice  
W.G. Dinner Roll  
Wow Butter Jammer w Cheese Stick & Crackers  
Steamed Broccoli  
Fresh Red Pepper Strips

Friday, March 21

**Breakfast**

Super Bakery  
Cocoa Minis  
Choice of Fruit & or Fruit  
Juice Milk Choice

**Lunch**

French Bread Pizza  
Crispy Fish Sticks  
Garden Salad w Lite Dressing  
Seasoned Peas

Monday, March 24

**Breakfast**

Lemon Bread Slice  
Choice of Fruit & or Fruit  
Juice Milk Choice

**Lunch**

Rodeo burger or Cheeseburger  
W.G. Corn Dog  
Homemade Baked Beans  
Baby Whole Peeled Carrots

Tuesday, March 25

**Breakfast**

Moist Cherry Muffin  
Choice of Fruit & or Fruit  
Juice Milk Choice

**Lunch**

Chicken Cheese Quesadilla  
Juicy Chicken Patty  
Garden Salad w Lite Dressing  
Fresh Broccoli Florets

Wednesday, March 26

**Breakfast**

Yogurt & Granola  
Choice of Fruit & or Fruit  
Juice Milk Choice

**Lunch**

Walking Taco w Cheese  
Lettuce Salsa Sour Cream w W.G. Dinner Roll  
Boneless Wing Boat w Garlic Bread Stick  
Refried Beans  
Fresh Celery Sticks

Thursday, March 27

**Breakfast**

Apple Frudel  
Choice of Fruit or Fruit  
Juice Milk Choice

**Lunch**

Popcorn Chicken  
Mashed Potato Cheese & Gravy Bowl W.G. Dinner Roll  
Wow Butter Jammer  
Cheese Stick & Crackers  
Golden Kernel Corn  
Sliced Beets

Friday, March 28

**Breakfast**

Cream Cheese  
Bagel Stick  
Choice of Fruit & or Fruit  
Juice Milk Choice

**Lunch**

Personal Pizza  
Turkey Hot Dog on Bun  
Garden Salad w Lite Dressing  
Whole Baby Peeled Carrots

Monday, March 31

**Breakfast**

Blueberry Bread Slice  
Choice of Fruit & or Fruit  
Juice Milk Choice

**Lunch**

Stacked Pulled Pork Sandwich  
W.G. Corn Dog  
Oven Fries  
Tender Green Beans

Get out your Ghillies!

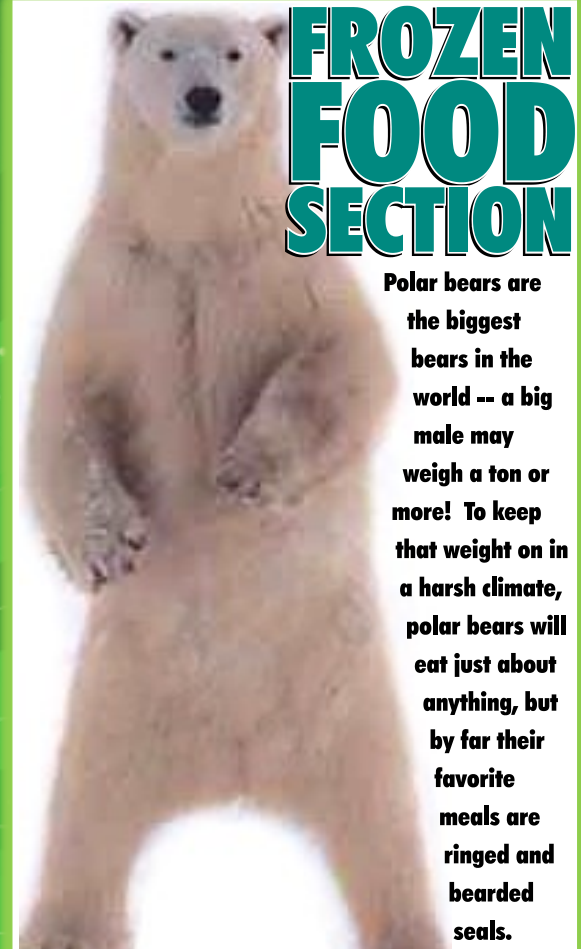
Traditional Irish dancers wear colorful outfits and either hard dance shoes ("jig shoes") or soft dance shoes ("ghillies").



St. Patrick's Day March 17



**FROZEN FOOD SECTION**



Polar bears are the biggest bears in the world -- a big male may weigh a ton or more! To keep that weight on in a harsh climate, polar bears will eat just about anything, but by far their favorite meals are ringed and bearded seals.

**ANIMAL APPETITES**

**START FRESH WITH FRUIT!**

Every complete Breakfast@School must include a serving of fruit. That's putting FIRST THINGS FIRST!



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