

menus for
middle school

MARCH 2025

Dry Creek Joint Elementary School District

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

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!

Monday, March 3



**No
School
Today**

Tuesday, March 4

Breakfast
CHEESY BREADSTICKS
OR
CONTINENTAL BREAKFAST

Lunch
BEAN & CHEESE EMPANADA
OR
BEEF TACO

Wednesday, March 5

Breakfast
BREAKFAST SANDWICH
OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA
OR
CHEESEBURGER & FRIES

Thursday, March 6

Breakfast
MINI PANCAKES
OR
CONTINENTAL BREAKFAST

Lunch
CHEESY BREADSTICKS
OR
TERIYAKI CHICKEN
NOODLE BOWL

Friday, March 7

Breakfast
CINNAMON ROLL
OR
CONTINENTAL BREAKFAST

Lunch
BEAN AND CHEESE BURRITO
OR
CRUNCHY FISH STICKS &
CHIPS

COOKIE

Monday, March 10

Breakfast
BREAKFAST PIZZA
OR
CONTINENTAL BREAKFAST

Lunch
BREAKFAST FOR LUNCH
(MINI PANCAKES,
HASHBROWN & YOGURT)
OR
PASTA WITH MEAT SAUCE

Tuesday, March 11

Breakfast
YOGURT PARFAIT
OR
CONTINENTAL BREAKFAST

Lunch
GRILLED CHEESE SANDWICH
OR
BEEF TACO

Wednesday, March 12

Breakfast
MINI WAFFLES
OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA
OR
CHICKEN PATTY SANDWICH

Thursday, March 13

Breakfast
CINNI MINI
OR
CONTINENTAL BREAKFAST

Lunch
CHEESY BREADSTICKS
OR
ORANGE CHICKEN
RICE BOWL

Friday, March 14

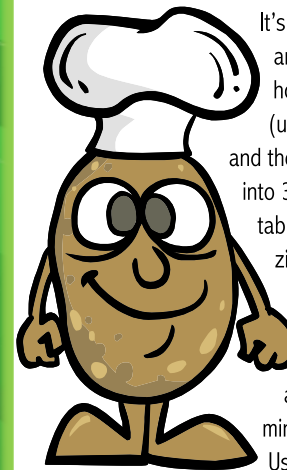
Breakfast
FRENCH TOAST STICKS
OR
CONTINENTAL BREAKFAST

Lunch
MACARONI AND CHEESE
OR
CHICKEN TENDERS

COOKIE



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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, March 17

Breakfast

SCONE
OR
CONTINENTAL BREAKFAST

Lunch

BREAKFAST FOR LUNCH
(MINI PANCAKES,
HASHBROWN & YOGURT)
OR
TURKEY & CHEESE
SANDWICH

Tuesday, March 18

Breakfast

CHEESY BREADSTICKS
OR
CONTINENTAL BREAKFAST

Lunch

BEAN & CHEESE EMPANADA
OR
BEEF TACO

Wednesday, March 19

Breakfast

BREAKFAST SANDWICH
OR
CONTINENTAL BREAKFAST

Lunch

CHEESE PIZZA
OR
CHEESEBURGER
& FRIES

Thursday, March 20

Breakfast

MINI PANCAKES
OR
CONTINENTAL BREAKFAST

Lunch

CHEESY BREADSTICKS
OR
TERIYAKI CHICKEN
NOODLE BOWL

Friday, March 21

Breakfast

CINNAMON ROLL
OR
CONTINENTAL BREAKFAST

Lunch

BEAN AND CHEESE BURRITO
OR
CRUNCHY FISH STICKS &
CHIPS

COOKIE

Monday, March 24

Breakfast

BREAKFAST PIZZA
OR
CONTINENTAL BREAKFAST

Lunch

BREAKFAST FOR LUNCH
(MINI PANCAKES,
HASHBROWN & YOGURT)
OR
PASTA WITH MEAT SAUCE

Tuesday, March 25

Breakfast

YOGURT PARFAIT
OR
CONTINENTAL BREAKFAST

Lunch

GRILLED CHEESE SANDWICH
OR
BEEF TACO

Wednesday, March 26

Breakfast

MINI WAFFLES
OR
CONTINENTAL BREAKFAST

Lunch

CHEESE PIZZA
OR
CHICKEN PATTY SANDWICH

Thursday, March 27

Breakfast

CINNI MINI
OR
CONTINENTAL BREAKFAST

Lunch

CHEESY BREADSTICKS
OR
ORANGE CHICKEN
RICE BOWL

Friday, March 28

Breakfast

FRENCH TOAST STICKS
OR
CONTINENTAL BREAKFAST

Lunch

MACARONI AND CHEESE
OR
CHICKEN TENDERS

COOKIE

Monday, March 31

Breakfast

SCONE
OR
CONTINENTAL BREAKFAST

Lunch

BREAKFAST FOR LUNCH
(MINI PANCAKES,
HASHBROWN & YOGURT)
OR
TURKEY & CHEESE
SANDWICH

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



AVAILABLE DAILY

Every complete meal we serve comes with the choice of entrée, fruit or vegetable sides and your choice of low fat white or chocolate milk.

Other daily LUNCH options:
DELI SANDWICH
LARGE SALAD
PIZZA
(select varieties)

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!