

MARCH 2026

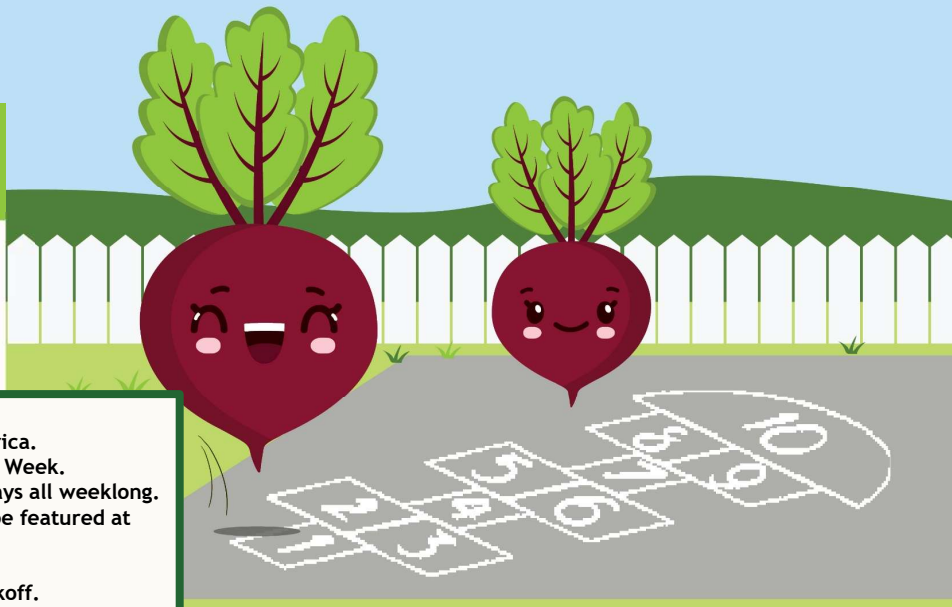


Breakfast Prices

Student: Free
 Additional Meal: \$1.65
 Entrée Only: \$1.40
 Adult: \$2.95

Lunch Prices

Student: \$3.05
 Entrée Only: \$2.80
 Adult: \$4.85



March is National Veggie Month
 Monday 3/2: Dr. Seuss Day/Read Across America.
 Monday 3/2 to Friday 3/6: National Breakfast Week.
 Enjoy Free breakfast with a few cool giveaways all weeklong.
 Friday 3/6: National Cereal Day. Cereal will be featured at breakfast and lunch.
 Friday 3/13: Early Dismissal K-4.
 Tuesday 3/17: March Madness Basketball Kickoff.
 Thursday 3/26: Phillies Home Opener.

Cheese Sandwich and SB& Jelly offered at lunch daily

Milk: All Choices are rBST hormone free. Nonfat flavor chocolate and 1% white

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



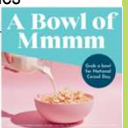
Breakfast Pizza **02**
 Orange Wedges or Diced Pears
 A) Grilled Cheese
 B) Cheeseburger
 C) Garden Salad
 D) Turkey & Cheese Sandwich
 Sides: Grapes, Apple Slices, Pepper Strips, French Fries

Glazed Cinnamon Roll **03**
 Banana or Raisins/Craisins
 A) Turkey Taco
 B) Pizza Crunchers
 C) Chef Salad
 D) Pizza Bagel Pack
 Sides: Orange Wedges, Diced Pears, Black Beans, Corn

Apple Frudel **04**
 Apple or Fruit Mix
 A) French Toast with Sausage Links
 B) Chicken Patty Sandwich
 C) Apple Pack
 D) Ham & Cheese Sandwich
 Sides: Banana, Peaches, Broccoli

Chicken Patty w/Cheese Biscuit **05**
 Clementine or Applesauce
 A) Dumpling with Fried Rice
 B) Chicken Nuggets
 C) Chef Salad
 D) Pretzel Pack
 Sides: Apples, Fruit Mix, Mixed Vegetable

Blueberry Muffin Top **06**
 Grapes or Diced Peaches
 A) Pizza
 B) Corn Dog
 C) Apple Pack
 D) Turkey and Cheese Sandwich
 Sides: Clementine, Apple Sauce, Celery Sticks



Pancake Bites **09**
 Orange Wedges or Diced Pears
 A) Chicken Nuggets
 B) Cheeseburger
 C) Garden Salad
 D) Turkey and Cheese Sandwich
 Sides: Grapes, Apple Slices, Celery Sticks, French Fries

Donut Holes **10**
 Banana or Raisins/Craisins
 A) Nachos
 B) Pizza Dippers with Sauce
 C) Chef Salad
 D) Pizza Flatbread Pack
 Sides: Orange Wedges, Diced Pears, Kickin Pinto Beans,

Sausage Pancake Stick **11**
 Apple or Fruit Mix
 A) Waffle with Sausage Links
 B) Chicken Patty Sandwich
 C) Baja Salad
 D) Ham and Cheese Sandwich
 Sides: Banana, Peaches, Broccoli

Ham and Cheese Bagel **12**
 Clementine or Applesauce
 A) Mac& Cheese
 B) Chicken Nuggets
 C) Chef Salad
 D) Pretzel Pack
 Sides: Apples, Fruit Mix, Mixed Vegetable

Mini Bagel Strawberry Filled **13**
 Grapes or Diced Peaches
 A) Pizza
 B) Corn Dog
 C) Baja Salad
 D) Turkey and Cheese Sandwich
 Sides: : Clementine, Apple Sauce, Cucumber

Mini French Toast Eggo **16**
 Orange Wedges or Diced Pears
 A) Boneless Wing
 B) Cheeseburger
 C) Garden Salad
 D) Turkey & Cheese Sandwich
 Sides: Grapes, Apple Slices, Grape Tomato, Tater Tots

Churro Bites **17**
 Banana or Raisins/Craisins
 A) Soft Taco
 B) Pizza Crunchers
 C) Chef Salad
 D) Muffin Pack
 Sides: Orange Wedges, Diced Pears, Black Beans,

Sausage English Muffin **18**
 Apple or Fruit Mix
 A) Mini Pancake with cheese omelet
 B) Chicken Patty Sandwich
 C) Dice Chicken Salad
 D) Ham and Cheese Sandwich
 Sides: Banana, Peaches, Celery

Chocolate Filled Crescent **19**
 Clementine or Applesauce
 A) Grilled Cheese
 B) Chicken Nuggets
 C) Chef Salad
 D) Chip and Salsa Pack
 Sides: Apples, Fruit Mix, Broccoli

Game On **20**
 Featuring a mouthwatering good menu

Egg Patty Bagel Sandwich **23**
 Orange Wedges or Diced Pears
 A) Popcorn Chicken with Lomein Noodles
 B) Cheeseburger
 C) Garden Salad
 D) Turkey & Cheese Sandwich
 Sides: Grapes, Apple Slices, Broccoli

Confetti Mini Pancakes **24**
 Banana or Raisins/Craisins
 A) Nachos
 B) Pizza Dippers with Sauce
 C) Chef Salad
 D) Pizza Bagel Pack
 Sides: Orange Wedges, Diced Pears, Baked Beans, Celery Sticks

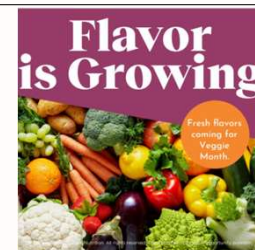
Breakfast Pizza **25**
 Apple or Fruit Mix
 A) Waffle with Sausage Patty
 B) Chicken Patty Sandwich
 C) Popcorn Chicken Salad
 D) Ham and Cheese Sandwich
 Sides: Banana, Peaches, Pepper Strips

Powder Donut **26**
 Clementine or Applesauce
 A) Pasta with Meat sauce
 B) Chicken Nuggets
 C) Chef Salad
 D) Muffin Pack
 Sides Apples, Fruit Mix, Broccoli

Caramel Mini Cinni or Breaded **27**
 Cheese Stick
 Grapes or Diced Peaches
 A) Pizza
 B) Hot Dog on a Bun
 C) Popcorn Chicken Salad
 D) Turkey and Cheese Sandwich
 Sides: Clementine, Applesauce, Cucumber

Banana Bread **30**
 Orange Wedges or Diced Pears
 A) Chicken Tenders with sauce
 B) Cheeseburger
 C) Garden Salad
 D) Turkey & Cheese Sandwich
 Sides: Grapes, Apple Slices, Pepper Strips, French Fries

Cherry Frudel **31**
 Banana or Raisins/Craisins
 A) Walking Tacos with Rice
 B) Pizza Crunchers
 C) Chef Salad
 D) Pizza Flatbread Pack
 Sides: Orange Wedges, Diced Pears, Kickin Pinto Beans, Celery Sticks



MARCH TO YOUR OWN BEET

Beet plants are one of several cultivated varieties of *Beta vulgaris* grown for their edible taproots and leaves. The beet and its greens are both an excellent source of folate, vitamins A and K, fiber, manganese, copper, and potassium. These versatile, tasty plants can be steamed, fried, pickled, juiced, boiled, slow cooked, or eaten raw in a salad. In addition to their unbeatable nutritional benefits, beets are also used in dyes, animal feed, and medicines. The betaine compound that gives beets their color also helps naturally flush toxins from the body. These miraculous taproots trace their roots right back to 800 BC, where Ancient Assyrian texts describe beets as part of the legendary Hanging Gardens of Babylon.

ACE'S JOKE OF THE MONTH



Q. WHAT'S THE COOLEST
VEGETABLE?

SEE ANSWER BELOW

DID YOU KNOW?

LOVE AT FIRST BITE

In Greek mythology, it is believed that if a man and a woman eat from the same beet, then they will fall in love.



UNBEETABLE SHINE

In 19th century Victorian England, women used beet juice to add a "red" shine to their hair.

BEET FEAT

The world's largest beet to date was grown in Holland and weighs over 62 pounds.

ACTIVITY: FEEL THE BEET

Follow the rhythm below and identify the missing notes.

Ma - ry had a lit - tle lamb, lit - tle lamb, lit - tle lamb.

Ma - ry had a lit - tle lamb. Its nose was pink as beets.