



Menus for March 2026

St. Mary Parish School District

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

Happy St. Patrick's Day!

Spring Forward



Sunday, March 8



the quest for SCHOOL BREAKFAST

NATIONAL SCHOOL BREAKFAST WEEK
MARCH 2-6, 2026

Kids!

Join us March 2-6
for
National School
Breakfast Week
2026!

NUTRITION TO GO

Stew is any combination of food cooked slowly in simmering liquid. Stew was one of the first forms of cooked food – stew recipes are found in the oldest existing "cookbook." Stew smells amazing when it's slow-cooking, and eating a bowl of hot stew can really warm you up on a raw and blustery late winter or early spring day, too!

A QUICK BITE FOR PARENTS

Monday, March 2	Tuesday, March 3	Wednesday, March 4	Thursday, March 5	Friday, March 6
<p>Breakfast Maple Waffle Chicken Sandwich Fruit Cocktail Juice Milk</p> <p>Lunch Popcorn Chicken Mashed Potatoes Carrot Coins Mixed Fruit Milk</p>	<p>Breakfast Cinnamon Roll Pears Juice Milk</p> <p>Lunch Corn Dog Green Beans Sweet Potato Fries Mandarin Oranges Milk</p>	<p>Breakfast Sausage Biscuit Peaches Juice Milk</p> <p>Lunch Chicken & Sausage Jambalaya White Beans Corn Pears Roll Milk</p>	<p>Breakfast Mini Maple Pancake Bites Applesauce Cup Juice Milk</p> <p>Lunch Hamburger Fries Lettuce/Tomato Orange Milk</p>	<p>Breakfast Scrambled Eggs Toast Pears Juice Milk</p> <p>Lunch Cheese Pizza Corn Broccoli Peaches Milk</p>

Weird SCIENCE

Make a RUBBER EGG!

- You'll Need:**
- ✓ a raw egg
 - ✓ white vinegar
 - ✓ a plastic container


- 1 Place the raw egg in the container and cover it with vinegar.
- 2 After 24 hours, gently prod the egg with your finger. Does it feel soft and elastic like rubber? (If not, replace the vinegar with fresh vinegar and wait another 24 hours.)
- 3 Congratulations! You have used the vinegar to "decalcify" the egg. The egg shell contains a substance called "calcium carbonate." The acid in the vinegar dissolves the calcium carbonate in the egg shell, and what's left is soft and flexible rather than hard and rigid. You've created a rubber egg!
- 4 Poke the egg (gently) with a fork until you pierce the shell and the yolk and white come out. The shell should look like a popped balloon!

Monday, March 9	Tuesday, March 10	Wednesday, March 11	Thursday, March 12	Friday, March 13
<p>Breakfast Flatbread Breakfast Pizza Applesauce Cup Juice Milk</p> <p>Lunch White Beans and Rice with Sausage Broccoli Mixed Vegetables Mixed Fruit Cornbread Milk</p>	<p>Breakfast Eggstravaganza Toast Fruit Cocktail Juice Milk</p> <p>Lunch Hot Dog with Chili Green Beans Sweet Potato Fries Mandarin Oranges Milk</p>	<p>Breakfast Pancake on a Stick Pears Juice Milk</p> <p>Lunch Tangy BBQ Chicken Mashed Potatoes Sweet Peas Peaches Roll Milk</p>	<p>Breakfast Breakfast Chicken Patty Biscuit Mandarin Oranges Juice Milk</p> <p>Lunch Beef Taco Taco Salad Corn Refried Beans Cheese Cup Apple Milk</p>	<p>Breakfast Oatmeal Cinamon Toast Peaches Juice Milk</p> <p>Lunch Fish Nuggets Fries Tossed Salad Orange Roll Milk</p>



VEGETABLE

Eggplant



Eggplant has nothing at all to do with eggs! In fact, this shiny purple veggie is related to tomatoes, bell peppers, and potatoes! Eggplant is a good source of fiber, vitamin K and B vitamins, and dietary minerals like copper and potassium.

OF THE MONTH



What's on YOUR plate?

Boost your Burrito!

Burritos made at home or at a Mexican restaurant, should **ALWAYS INCLUDE BEANS!** These tasty little wonders are a nutritional powerhouse, brimming with fiber, protein, and nutrients. For good nutrition, skip on the cheese and load up on the beans!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, March 16

Breakfast
Blueberry Muffin
Peaches
Juice
Milk

Lunch
Breaded Chicken Patty
Sandwich
Fries
Carrot Coins
Applesauce Cup
Milk

Tuesday, March 17

Breakfast
French Toast Sticks
Applesauce Cup
Juice
Milk

Lunch
Mandarin Orange Chicken
Fried Rice
Mixed Vegetables
Broccoli
Orange
Milk

Wednesday, March 18

Breakfast
Cereal
Fruit Cocktail
Juice
Milk

Lunch
Chicken Nuggets
Corn
Texas Ranchero Beans
Pears
Milk

Thursday, March 19

Breakfast
Grits
Toast
Pears
Juice
Milk

Lunch
Lasagna
Tossed Salad
Green Beans
Applesauce Cup
Milk

Word of the Month

ex·cep·tion·al

adj. 1. surpassing what is common or expected
2. unusual; outside the norm
3. well above average; extraordinary

Monday, March 23

Breakfast
Dutch Waffle
Fruit Cocktail
Juice
Milk

Lunch
Popcorn Chicken
Baked Beans
Mixed Vegetables
Watermelon
Milk

Tuesday, March 24

Breakfast
Cinnamon Roll
Pears
Juice
Milk

Lunch
Sloppy Joe
Broccoli
Fries
Mixed Fruit
Milk

Wednesday, March 25

Breakfast
Breakfast Pizza
Fruit Cocktail
Juice
Milk

Lunch
Baked Chicken
Mashed Potatoes
Green Beans
Applesauce
Roll
Milk

Thursday, March 26

Breakfast
Sausage Biscuit
Applesauce Cup
Juice
Milk

Lunch
Chili Mac
Baby Carrots
Tossed Salad
Apple
Roll
Milk

Friday, March 27

Breakfast
Mini Blueberry Waffles
Peaches
Juice
Milk

Lunch
Cheese Pizza
Spinach and Tomato Salad
California Blend
Orange
Milk

Monday, March 30

Breakfast
Breakfast Pizza
Peaches
Juice
Milk

Lunch
Corn Dog
Sweet Potato Fries
Baked Beans
Peaches
Milk

Tuesday, March 31

Breakfast
Scrambled Eggs
Toast
Mandarin Oranges
Juice
Milk

Lunch
Grilled Chicken Sandwich
Fries
Green Beans
Pickle Cup
Pears
Milk



THE **QUOKKA**, A CAT-SIZED MARSUPIAL, CARRIES ITS BABIES IN A POUCH -- ONE OF THE REASONS IT'S OFTEN CALLED THE **CUTEST** ANIMAL IN THE WORLD! BUT CUTENESS IS IN THE EYE OF THE BEHOLDER. IN 1696, A DUTCH EXPLORER NAMED THE AUSTRALIAN ISLAND WHERE QUOKKAS LIVE "ROTTNEST" -- OR "**RAT'S NEST**" -- BECAUSE HE THOUGHT THE CUDDLY CRITTERS LOOKED LIKE OVERGROWN RODENTS!

STRANGE BUT TRUE!

Wikimedia: Hesperian