



**Menus for  
March 2026**  
**Liberty Elementary**

This institution is an equal opportunity provider.

**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!**

**Students:**  
Breakfast-No Charge  
Lunch-No Charge

**Daily Options:**  
PBJ Sandwich,  
String Cheese, Grain,  
Daily Fruit/Veggie Choices  
Or  
Protein Power Pack  
w/Yogurt, String Cheese,  
Grain, & Daily Fruit/Veggie Choices

Breakfast includes assorted fruit/juice  
All meals include milk choice

**Harvest of the Month  
Carrots**

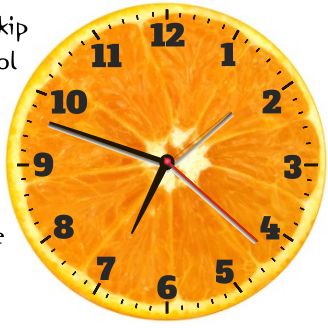


Market conditions, delivery, and availability of food may require changes in menu.

Monday, March 2	Tuesday, March 3	Wednesday, March 4	Thursday, March 5	Friday, March 6
<b>Breakfast</b> Breakfast Variety  <b>Lunch</b> Mini Corn Dogs Baked Beans Tator Tots Fruit	<b>Breakfast</b> Breakfast Variety  <b>Lunch</b> Chili w/ Breadstick Baked Potato Broccoli Fruit	<b>Breakfast</b> Breakfast Variety  <b>Lunch</b> Chicken Tenders Biscuit Collard Greens Mashed Potatoes Fruit	<b>Breakfast</b> Breakfast Variety  <b>Lunch</b> Pizza Garden Salad Corn Frozen Fruit Treat	<b>Breakfast</b> Breakfast Variety  <b>Lunch</b> Brunch for Lunch
Monday, March 9	Tuesday, March 10	Wednesday, March 11	Thursday, March 12	Friday, March 13
<b>Breakfast</b> Breakfast Variety  <b>Lunch</b> Hamburger Lettuce, Pickles Baked Beans French Fries Fruit	<b>Breakfast</b> Breakfast Variety  <b>Lunch</b> Pizza Quesadillas Salsa, Cheese Pinto Beans Veggie Dippers Fruit	<b>Breakfast</b> Breakfast Variety  <b>Lunch</b> Chicken Alfredo Garlic Knot English Peas Glazed Carrots Fruit	<b>Breakfast</b> Breakfast Variety  <b>Lunch</b> Rippinz Pizza w/Marinara Garden Salad Corn Frozen Fruit Treat	Teacher Work Day

# SQUEEZED FOR TIME?

Up to 30% of kids skip breakfast every school day. Even if your mornings are frantic, you'll feel better all day and do better in school, too, if you've had a balanced, nutritious breakfast!



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

**Monday, March 16**

**Breakfast**  
Breakfast Variety

**Lunch**  
Hot Dog  
Baked Beans  
Tator Tots  
Fruit

**Tuesday, March 17**

**Breakfast**  
Breakfast Variety

**Lunch**  
Spaghetti & Meat Sauce  
Breadstick  
Glazed Carrots  
Green Beans  
Fruit

St. Patrick's Day

**Wednesday, March 18**

**Breakfast**  
Breakfast Variety

**Lunch**  
Popcorn Chicken w/ Asian Rice  
Spring Roll  
Broccoli  
Fruit  
Fortune Cookie

**Thursday, March 19**

**Breakfast**  
Breakfast Variety

**Lunch**  
Pizza  
Garden Salad  
Corn  
Frozen Fruit Treat

**Friday, March 20**

**Breakfast**  
Breakfast Variety

**Lunch**  
BBQ Melt Sandwich  
Baked Beans  
French Fries  
Applesauce



# 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, skimp on the cheese and load up on the beans!



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 23**

**Breakfast**  
Breakfast Variety

**Lunch**  
Mini Calzones w/ Marinara  
Peas & Carrots  
Veggie Dipper  
Fruit

**Tuesday, March 24**

**Breakfast**  
Breakfast Variety

**Lunch**  
Walking Taco w/Salsa, Lettuce/Cheese  
Black Beans  
Spanish Rice  
Fruit

**Wednesday, March 25**

**Breakfast**  
Breakfast Variety

**Lunch**  
Chicken Sandwich  
Baked Beans  
Potato Smiles  
Fruit

**Thursday, March 26**

**Breakfast**  
Breakfast Variety

**Lunch**  
Rippinz Pizza w/Marinara  
Garden Salad  
Corn  
Frozen Fruit Treat

**Friday, March 27**

**Breakfast**  
Breakfast Variety

**Lunch**  
Deli Sandwich  
Veggie Dippers  
Baked Chips  
Fruit

**Monday, March 30**

Spring Break

**Tuesday, March 31**

Spring Break

## 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!