

**Menus for
March 2026**
SCMS & 5GA

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

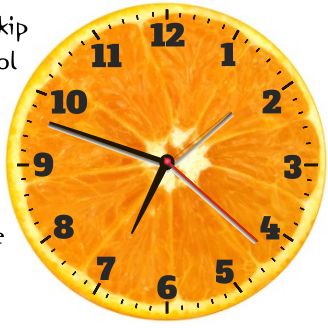
Harvest of the Month
Carrots

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
<p>Lunch Mini Corn Dogs Baked Beans Tator Tots Fruit</p>	<p>Lunch Street Tacos w/Salsa, Cheese Cilantro Lime Rice Corn Refried Beans Fruit</p>	<p>Lunch Grilled Cheese Sandwich Tomato Soup Veggie Dippers French Fries Fruit</p>	<p>Lunch Brunch for Lunch</p>	<p>Lunch Pizza Variety or Chicken Sandwich Garden Salad French Fries Veggie Dippers Frozen Fruit Treat</p>
Monday, March 9	Tuesday, March 10	Wednesday, March 11	Thursday, March 12	Friday, March 13
<p>Lunch Cheeseburger Lettuce, Pickles Baked Beans French Fries Fruit</p>	<p>Lunch Cowboy Nachos w/Salsa, Lettuce/Cheese Spanish Rice Black Beans Roasted Jalapeno Corn Fruit</p>	<p>Lunch Chicken Strip Basket w/Gravy & Biscuit Mashed Potatoes Pinto Beans Fruit</p>	<p>Lunch Pizza Variety or Chicken Sandwich Garden Salad French Fries Veggie Dippers Frozen Fruit Treat</p>	<p>Teacher Work Day</p>

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

Lunch
 Hot Dog
 Baked Beans
 Tator Tots
 Fruit

Tuesday, March 17

Lunch
 Country Fried Steak
 Biscuit
 Mashed Potatoes
 English Peas
 Fruit

St. Patrick's Day

Wednesday, March 18

Lunch
 Spaghetti & Meat Sauce
 Garlic Toast
 Garden Salad
 Glazed Carrots
 Fruit

Thursday, March 19

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

Friday, March 20

Lunch
 Pizza Variety or
 Chicken Sandwich
 Garden Salad
 Potato Wedges
 Veggie Dippers
 Frozen Fruit Treat



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

Monday, March 23

Lunch
 Fish Sticks
 Hushpuppies
 Broccoli
 Mac N Cheese
 Fruit

Tuesday, March 24

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

Wednesday, March 25

Lunch
 Boneless Chicken Wings
 w/ roll
 Veggie Dippers
 Roasted Potatoes
 Fruit

Thursday, March 26

Lunch
 Pizza Variety or
 Chicken Sandwich
 Garden Salad
 French Fries
 Veggie Dippers
 Frozen Fruit Treat

Friday, March 27

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!