



**Menus for  
March 2026**

**SCHS**

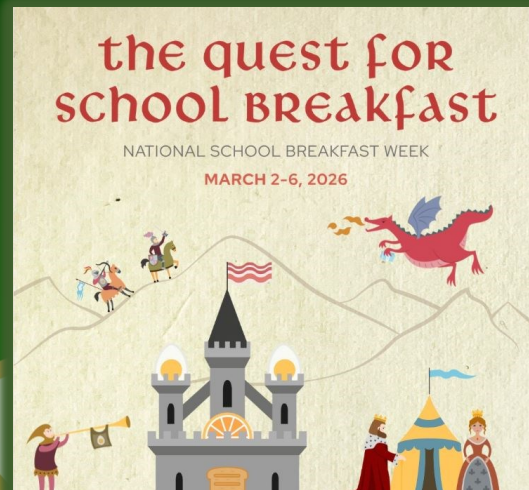
This institution is an equal opportunity provider.

**Happy St. Patrick's Day!**

*Spring Forward*



*Sunday,  
March 8*



**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**

**Lunch**

Mini Corn Dogs or  
Hamburger  
Lettuce, Pickles  
Baked Beans  
Tator Tots  
Fruit

**Tuesday, March 3**

**Lunch**

Street Tacos  
w/Salsa, Cheese  
Cilantro Lime Rice  
Corn  
Refried Beans  
Fruit

**Wednesday, March 4**

**Lunch**

Chili w/Baked Potato  
Breadstick  
Broccoli  
Fruit

**Thursday, March 5**

**Lunch**  
**Brunch  
for  
Lunch**

**Friday, March 6**

**Lunch**

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

**Monday, March 9**

**Lunch**

Cheeseburger or Corndog  
Lettuce, Pickles  
Baked Beans  
Potato Smiles  
Fruit

**Tuesday, March 10**

**Lunch**

Cowboy Nachos  
w/Salsa, Lettuce/Cheese  
Spanish Rice  
Black Beans  
Roasted Jalapeno Corn  
Fruit

**Wednesday, March 11**

**Lunch**

Chicken Strip Basket  
w/Gravy & Biscuit  
Mashed Potatoes  
Broccoli  
Fruit

**Thursday, March 12**

**Lunch**

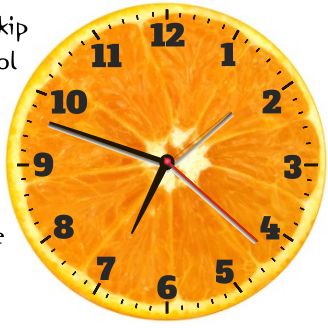
Pizza Variety or  
Chicken Sandwich  
Garden Salad  
French Fries  
Veggie Dippers  
Frozen Fruit Treat

**Friday, March 13**

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**

**Lunch**  
 Hot Dog or Spicy Chicken Sandwich  
 Baked Beans  
 Tator Tots  
 Coleslaw  
 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  
 Breadsticks w/ Marinara  
 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](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**

**Lunch**  
 Rotini Pasta or Cheesy Breadsticks w/ Marinara  
 Garlic Toast  
 Garden Salad  
 Glazed Carrots  
 Fruit

**Tuesday, March 24**

**Lunch**  
 BBQ Pork Plate  
 Mac N Cheese  
 Baked Beans  
 Coleslaw  
 Fruit

**Wednesday, March 25**

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

**Thursday, March 26**

**Lunch**  
 Pizza Variety or Hamburger  
 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!