

**Menus for March 2026**  
**Keystone Central School District—Elementary Lunch Menu**

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



**Monday, March 2**

French Toast Sticks  
 Egg Patty  
 Sausage Patty  
 Smiley Potatoes  
 Roasted Ranch Chick  
 Peas  
 Apple Slices  
 Milk

Alternate  
 Chicken Nuggets w/  
 Soft Pretzel Stick

**Tuesday, March 3**

Chicken Caesar Salad  
 Garlic Knot  
 Cherry Tomatoes  
 Peaches  
 Milk

Alternate  
 Chicken Nuggets w/  
 Soft Pretzel Stick

**Wed., March 4**

Penne with Meat  
 Sauce **(NEW)**  
 Breadstick  
 Green Beans  
 Cucumber Slices w/  
 Dip  
 Banana  
 Milk

Alternate  
 Chicken Nuggets w/  
 Soft Pretzel Stick

**Thurs., March 5**

Barbecue Chicken  
 Wrap **(NEW)**  
 Baked French Fries  
 Fresh Carrots w/ Dip  
 Applesauce  
 Milk

Alternate  
 Chicken Nuggets w/  
 Soft Pretzel Rod

**Friday, March 6**

Cheese Pierogies  
 Cheesy Breadstick  
 Salad w/ Dressing  
 Mixed Vegetables  
 Mandarin Oranges  
 Milk

Alternate  
 Chicken Nuggets w/  
 Soft Pretzel Stick

Daylight Saving Time was first proposed by Benjamin Franklin in 1784, as a way to save money on candles!

**Spring forward  
 on  
 March 8**



**Monday, March 9**

Orange Chicken w/  
 Seasoned Rice  
 Steamed Broccoli  
 Fresh Green Pepper  
 Strips w/ Dip  
 Strawberry Cup  
 Milk

Alternate  
 Hot Dog on Roll

**Tuesday, March 10**

Cheese Ravioli with  
 Sauce  
 Breadstick  
 Perfect Peas  
 Fresh Celery Sticks  
 w/ Dip  
 Fantastic Fruit  
 Cocktail  
 Milk

Alternate  
 Hot Dog on Roll

**Wed., March 11**

Chicken Patty  
 Sandwich  
 Sweet Potato Fries  
 Brave Baked Beans  
 Blueberries and  
 Bananas  
 Milk

Alternate  
 Hot Dog on Roll

**Thurs., March 12**

Toasted Cheese  
 Sandwich  
 Tomato Soup  
 Fresh Broccoli &  
 Cauliflower Medley  
 Peaches  
 Milk

Alternate  
 Hot Dog on Roll

**Friday, March 13**



**NUTRITION TO GO**

**Here's the bottom line: the best way to cook vegetables is whatever way that makes you want to eat more of them! But as much as 25% or more of Vitamin C and the B vitamins may be lost when veggies are boiled. To keep more of the vitamins, cook veggies by grilling, steaming, microwaving with just a little water, or stir-frying with a bit of healthy oil.**

**A TASTY MORSEL FOR PARENTS**

**Monday, March 16**

Tacos and Chips  
Sassy Salsa  
Cool Black Bean  
Salad  
Apple Slices  
Milk

Alternate  
Cheese Pizza, Golden  
Corn

**Tuesday, March 17**

KC Bowl  
Shamrock Soft  
Pretzel (NEW)  
Wild Whipped  
Potatoes  
Golden Corn  
Pineapple and  
Blueberries  
Milk

Alternate  
Cheese Pizza

**Wed., March 18**

Pulled Pork Sandwich  
Green Beans  
California Blend  
Vegetables  
Applesauce  
Milk

Alternate  
Cheese Pizza

**Thurs., March 19**

Macaroni & Cheese  
Salad w/ Dressing  
Chilly Cucumbers w/  
Dip  
Peach Cup  
Milk

Alternate  
Cheese Pizza

**Friday, March 20**

Chicken Tenders w/  
Gold Fish Crackers  
Fresh Broccoli w/ Dip  
Sweet Potato Fries  
Fruit Cocktail  
Milk

Alternate  
Cheese Pizza



Follow a Rainbow to a Pot o' Gold!

**Monday, March 23**

Homemade  
Chicken Rice Soup  
(NEW)  
Cheesy Breadstick  
Salad w/ Dressing  
Roasted Ranch Chick  
Peas  
Pears  
Milk

Alternate  
Cheeseburger on Roll

**Tuesday, March 24**

Salisbury Steak w/  
Gravy  
Soft Pretzel  
Wild Whipped  
Potatoes  
Gorgeous Green  
Beans  
Peaches and  
Blueberries  
Milk

Alternate  
Cheeseburger on Roll

**Wed., March 25**

Turkey & Cheese  
Croissant  
Fresh Carrots w/ Dip  
Perfect Peas  
Apple Slices  
Milk

Alternate  
Cheeseburger on Roll

**Thurs., March 26**

Chicken Alfredo  
Breadstick  
Caesar Salad  
Mixed Vegetables  
Grapes and Bananas  
Milk

Alternate  
Cheeseburger on Roll

**Friday, March 27**

Toasted Cheese  
Sandwich  
Tomato Soup  
Chilly Cucumber  
Salad  
Strawberry Cup  
Milk

Alternate  
Cheeseburger on Roll



What's on  
**YOUR**  
plate?

**Monday, March 30**

Chicken & Waffles w/  
Gravy  
Perfect Peas & Crazy  
Carrots  
Three Bean Salad  
Peach Cup  
Milk

Alternate  
Chicken Sticks w/  
Breadstick

**Tuesday, March 31**

Soft Taco with  
Lettuce/Tomato  
Sassy Salsa  
Steamed Broccoli  
Peaches and Cherries  
Milk

Alternate  
Chicken Sticks w/  
Breadstick, Peas &  
Carrots

**Weird SCIENCE**

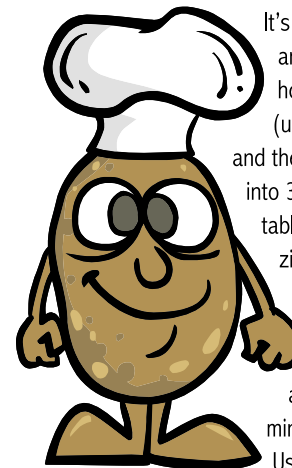
**Make a RUBBER EGG!**

**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!

# HEALTHY SPUDS!



It's easy and fun to make healthy and delicious "french fries" at home. Cut a medium potato (unpeeled) in quarters lengthwise, and then slice each quarter lengthwise into 3 or 4 fries. Toss with a tablespoon or two of olive oil in a zipped gallon bag, spread on a baking sheet (use parchment paper for easier clean up), sprinkle with salt and pepper, and bake at 425 for about 20 minutes or until desired crispness. Use 2 potatoes for every 3 people.

Learn more at [www.CHOOSMYPLATE.gov](http://www.CHOOSMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)