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SHARK BITES

MARCH 2026

WHERE EVERY STUDENT EXCELS

Once upon a time...

Mrs. Terry had a March message for all:

Greetings Schoeffner Families,

February was a fun and memorable month at Ethel Schoeffner Elementary! From meaningful Parent/Teacher Conferences to celebrating our students during the Finley's Fun Run incentive celebration and the Krewe of Finley & Friends Parade, there was much to enjoy. We also honored Black History Month and cheered on our talented theatre students during their recent performance. It was truly a month filled with learning, celebration, and school spirit.

The first week of **March** will continue to bring many enriching opportunities for our students and families. In honor of **National Women's History Month**, students will learn about women who have made significant contributions to society. Our **third graders** will also have the opportunity to participate in a **Read-a-thon sponsored by the Kiwanis Club of the River Parishes**. "**Take Your Parent to P.E.**" will be held during the first week of March (registration for this event is now closed). Our **choir and fifth-grade band** will also participate in **YALL Fest**, where they will perform and receive feedback from judges as they prepare for their concert in late April.

Please note that **Wednesday, March 11** is a **student holiday**, as district employees will be engaged in professional learning and a safety scenario training.

All families are invited to attend the **district-wide ArtsFest on Saturday, March 14**, at the **Lafon Performing Arts Center (LPAC)** from **10:00 AM – 3:00 PM**. The event will feature food vendors, hands-on activities, artistic displays, and performances throughout the day.

Be sure to check the **calendar at the back of this newsletter** for additional activities and events taking place at ESE during the month of March.

It is hard to believe that the third nine-weeks grading period will end on March 13. Quarter 3 report cards will be issued on March 24. It feels like we just began the school year, yet the finish line is beginning to come into view. While we have made tremendous progress, there is still important work ahead. These final months of the school year require focus, perseverance, and continued commitment from our students.

Families, we truly appreciate your continued support in reminding your child of the importance of giving their best effort, persevering through challenges, and coming to school ready to learn each day. Effort and determination make a tremendous difference in student success, and together we can help our students finish the year strong.

Thank you for your continued partnership in supporting our Schoeffner Sharks!

Save the Date for our Spring Fling - Thursday, April 2, 2026 12:30 – 2:30 PM

Flyers regarding this anticipated Schoeffner event will be sent home later this month.

We need many volunteers to assist with set-up, inflatables, games, face painting, concessions, etc. We appreciate any time you can give us and hope you will consider taking the time out to spend this fun day with our students.

To prevent overcrowding, we are only able to allow parents who volunteer to work a shift to be present. In addition, no younger siblings or other school aged siblings will be allowed on campus during the event.

March Mindset – The Time is Now

Inspiring Students to take Action

The Time is Now mindset teaches us the importance of harnessing the power of the moment and taking purposeful action. The simple fact is that all of our power to act and make an impact exists in this moment. We cannot change the past and the future hasn't happened, so we must recognize that our only path to happiness, fulfillment and meaning is to take purposeful action in the present toward creating the lives of our dreams.

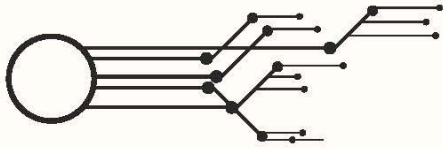
The 4 critical components of The Time is Now:

1. **Embrace Every Moment** – One measure of our lives is how we feel in each moment. To what degree do we experience positive emotions like joy, love, gratitude, empathy, etc.? When we embrace every moment, we squeeze the most out of all experiences and live lives of greater joy and happiness. We must seek circumstances and moments that create great joy and memories. Even in difficult times, such as losing a loved one, we experience love; while sad, such experiences are still rich and add meaningfully to our lives.

2. **Get in the Zone** – When we act out of anger, jealousy, or resentment, we almost always get it wrong and cause more harm than good. The key is to recognize when we are out of sorts, stop taking action, and figure out a way to get in a better state of mind. When we can do this and get into our zone, the actions we take are much more effective and result in a far more positive outcome. This is not to say that justified anger isn't appropriate, such as when we react to bullying or discrimination. The key is to think before we act in all cases.

3. **Let Yourself Be Vulnerable** – When we're vulnerable, we're in a heightened state of emotion or energy. Whether we're facing a fear, taking a risk, or expressing a deep emotion, our senses come alive and we really are at our best. Many people don't allow themselves to be vulnerable because they believe it's a sign of weakness. In fact, allowing oneself to be vulnerable shows great strength. The greatest moments in life happen when we're at our most vulnerable: when we first ride a bike, introduce ourselves to a future companion, or take the game-deciding shot. To become great, we must put ourselves in positions to become great, in which we are vulnerable and step out of your comfort zones.

4. **Act on Purpose** – While all action is significant, the actions we take that align with our dreams are the most powerful. First, they're part of who we are and matter to us more, so we try harder and work to overcome more when taking them. Second, these are steps directly toward our dreams, giving them a greater impact on the overall quality of our lives. Ask yourself about the actions you're taking, "Is this helping to bring me closer to living my dreams?"



Counselor Connection

March 2026

THE IMPORTANCE OF ONLINE SAFETY

Our students are incredible digital natives, exploring, learning, and connecting in ways many of us never imagined at their age! While this digital world offers amazing opportunities, it also comes with important responsibilities and safety considerations to ensure they have a positive and safe experience when online.



UNDERSTANDING THEIR DIGITAL WORLD

For many students, "online" isn't just about schoolwork anymore. They might be:

- Playing online games with friends (Roblox, Minecraft, Among Us, etc.)
- Watching videos (YouTube, TikTok — often through friends)
- Communicating with friends through apps or game platforms
- Exploring educational websites and apps
- Even beginning to show interest in social media (Snapchat, Instagram) that might be above their age limit. It's a fast-moving landscape!

3 DIGITAL SAFETY TIPS FOR PARENTS

1. Talk About It:

- **Open & Ongoing Conversations:** "Tell me about this game you're playing! What do you like about it?" Establish yourself as the person they can come to with ANY online worry, without fear of punishment. "If anything online ever makes you feel weird, scared, or uncomfortable, please tell me right away. We'll figure it out together." Also, explain that everything they do or say online leaves a mark, like footprints in the sand. Once it's out there, it's hard to erase.

2. Set Boundaries

- **Screen Time Limits:** Work together to establish clear, consistent screen time rules: "All devices off and out of bedrooms by [time]." This promotes better sleep and limits unsupervised late-night use. A family charging spot (not in bedrooms!) can help manage device use and reduce distractions. **"Parent-Approved" Zones:** Decide which apps, games, and websites are okay. Tools like parental controls on devices can help enforce these, but conversations are always best!

3. Privacy & Personal Information:

- **The "No Strangers Online" Rule:** Just like we teach them not to talk to strangers in real life, reinforce that they shouldn't share personal information (full name, school, address, phone number, photos of themselves) with anyone they don't know in real life. Remind them to think before they share. Help them understand that what they post or send can be seen by many people. Is it kind? Is it safe? Is it something Grandma would approve of?

Visit www.common SenseMedia.org for more information

**LEAP
2025**



LEAP testing begins April 29 and goes through May 6.

Check out the online tools using the following link.

<https://wbte.drcedirect.com/LA/portals/la>

Learn more about the English Language Arts sessions of the LEAP test.

What is an SPO?

What is an EBSR item?

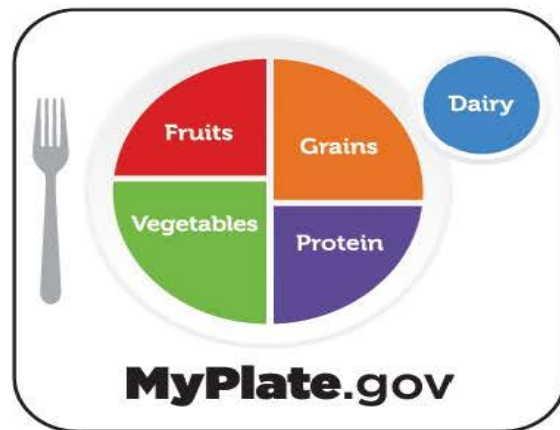
Click the link to watch a video.

February Students of the Month

Aria Monteilh, Lola Lee, Bryce LeBlanc, Samuel Heard, Andrew Hammond, Monica Ramirez, Jessa Peltier, Aubrey Mahler, Kolby Martin, Keelan Dalcour, Seth Foote, Caiden Herbert, Rylie Webster, Harper Cook, Domenic Decker, Patrick Richardson, Makai Davis, Beau Murray, Carter Wilson

Nutrition Facts	
About 13 servings per container	
Serving size 6 crackers (30g)	
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.7mg	4%
Potassium 120mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



March is National Nutrition Month!

Eating healthy foods can help prevent many medical problems, not only in adults, but also in children. Obesity, heart disease, and diabetes are problems facing young children in today's world. These are serious problems with potentially deadly consequences.

Making healthy choices for the whole family is important. Children imitate not only what you do, but also what you eat. Try new foods and encourage your children to do the same. Eat your fruits, vegetables, and whole grains. Not only will you feel better, but you will set a great example for your family. Exercise is also important to balance the foods you eat, like running, jumping and just playing outdoors!

Please remember to always check with your doctor before making changes in your lifestyle that include exercise. Check with your child's doctor concerning specific diet needs, such as food allergies and difficulty tolerating certain foods.

Healthy choices include:

- 🍎 A variety of foods
- 🍞 Whole grain products, like breads and cereals
- 🥦 Vegetables and fruits (5 a day)
- 💧 Water, milk, and real fruit juice
- 🥩 Foods that are low in fat, saturated fat, and cholesterol
- 🍬 Foods that are low in sugar and salt (sodium)



Your School Nurse,
Abbie LeRouge, BSN, RN



5th Grade Sports Physicals – Sign Up Now!

Calling All Future 6th Grade Athletes!

Access Health Louisiana will be providing **ON-CAMPUS SPORTS PHYSICALS** for current 5th graders at ESE who plan to try out for middle school athletics next school year.

- ✓ **Physicals are required**
 - ✓ Must be completed **one week prior to tryouts**
-

📅 Deadline to Sign Up: Thursday, March 5, 2026

If you would like your child to receive their sports physical at school, you must complete **BOTH required electronic forms** below.

📄 English Forms

- Sports Physical Form: <https://app.hellosign.com/s/3xGr1NhY>
- Enrollment Form: <https://app.hellosign.com/s/CxBUaLAW>

📄 Formularios en Español

- Formulario físico deportivo de LHSAA: <https://app.hellosign.com/s/GhVTVsFe>
 - Consentimiento de Access Health: <https://app.hellosign.com/s/AC4cJaiT>
-

✓ AFTER THE PHYSICAL IS COMPLETED

All students must be registered online through Aktivite. ⚠️ Physicals will NO LONGER be turned in directly to the school.

🌐 www.aktivite.com

Parents/Guardians will:

- Upload the completed physical to the Aktivite website
- Complete the **Parent/Guardian Consent Form**
- Complete the **Concussion Packet Form**

Both online forms and the uploaded physical must be completed before students are eligible to try out.

📌 Registration Help Guides Available:

- English: [Aktivate Registration for Parents Guardians.pdf](#)
- Spanish: [Aktivate \(Spanish\) Parent Guardian Guide.pdf](#)

📣 More information about specific tryout dates will be shared soon!



3rd Grade


Third graders are on a roll!

In ELA, we have started our last unit of the year - Voices in America! We will learn about people who used their voice to speak up for what they believed in and to make a difference in the world. At the end of the unit, students will choose one of the people who made a difference and write an essay to explain how that person's voice affected the United States of America.

In math, we have started Module 5. This module focuses on fractions, understanding them as equal parts of a whole or on a number line. Students will compare fractions and find simple equivalent fractions.

In social studies, we have started Unit 4: A Changing Nation. In this unit, we are learning about growing divisions between the North and the South in the decades leading up to the Civil War. We will examine how the South's economy remained almost entirely agricultural while the North embraced the early days of the Industrial Revolution. We will also learn about slavery, abolition, and the Civil War.

In science, we have started Module 4: Forces and Motion. Throughout the module, students explore forces and motion as they observe the motion of objects on Earth to better understand the motion of objects in space. At the end of the unit, students will demonstrate their understanding by answering the essential question: Why do objects move differently in space than they do on Earth?

We  3rd Grade



4th Grade

Our 4th graders have been busy learning exciting new skills across all subjects!

In math, students are developing a strong understanding of fractions by representing fractions using models such as number lines and area models, comparing fractions, and recognizing equivalent fractions.

In ELA, we are reading *The Lightning Thief* where students are analyzing characters, exploring themes, and connecting the story to Greek mythology while practicing how to cite text evidence.

In science, students are studying animal behaviors, including innate and learned behaviors, migration, hibernation, and adaptations that help animals survive in their environments.

In social studies, we are learning about the first civilizations of North America and Louisiana, exploring how geography influenced settlement, culture, and daily life.

We are proud of the hard work students are showing across all subject areas!



5th Grade

In ELA, we will be wrapping up our novel study of *The Lion, the Witch and the Wardrobe*, the story of four children who discover the magical land of Narnia and explore themes such as courage, sacrifice, forgiveness, and the battle between good and evil. **Next**, we will begin our final unit of the year, *Shutting Out the Sky*, which focuses on the immigrant experience in the United States and the pursuit of the American Dream. Throughout this unit, students will learn how immigrant families built new lives, contributed to their communities, and worked to preserve their cultural traditions while adapting to a new country.

In math, students have just begun Module 4, which focuses on understanding and working with decimal numbers. In this module, students will strengthen their understanding of place value and how decimals relate to fractions. They will learn how to read, write, compare, and model decimal numbers using place value charts and visual models. Students will also practice adding, subtracting, multiplying, and dividing decimals. Emphasis will be placed on understanding why the math works—not just following steps—so students can confidently solve real-world problems related to decimals.

We encourage students to practice their math facts regularly at home, as strong fact fluency supports success with decimal operations.

In science, students are wrapping up their study of Earth's systems, where they explored how the geosphere, hydrosphere, atmosphere, and biosphere interact and affect one another. They examined processes such as weathering, erosion, and the movement of water, and how these systems work together to shape our planet. **Next**, they will begin Module 4: *Orbit and Rotation*. In this exciting unit, students will shift their focus to outer space as they investigate Earth's rotation and revolution and how these movements cause day and night, seasons, and patterns in the sky. They will explore the relationship between the Earth, Moon, and Sun, analyze models, and use evidence to explain observable phenomena. This module emphasizes hands-on investigations, scientific discussion, and using evidence to support claims as students deepen their understanding of our place in the solar system.



In social studies, students are wrapping up their study of the Indigenous peoples of the Americas. Students have explored the diverse cultures, governments, economies, and ways of life of Native American groups across different regions, as well as how geography influenced how people lived and thrived. **Next**, students will begin Unit 5, which shifts their learning to Europe during the Renaissance and the Scientific Revolution. In this unit, students will examine how new ideas about art, science, and human potential changed Europe and eventually influenced the wider world. They will learn about key thinkers, inventors, and explorers, and analyze how innovations and discoveries challenged traditional beliefs. Throughout the unit, students will continue building skills in analyzing primary and secondary sources, participating in discussions, and using evidence to support their thinking.

ESE Presents: Talented Theatre

Our talented theatre students have not only been developing their skills and knowledge in classes this year, but also through various performance opportunities. Our showcase event, *The Show Must Go On*, during the fall featured their performing talents as actors and dancers, as well as visual artists in the projected backdrops they created for the show. Our district spring musical, *The Aristocats KIDS*, was a great success and featured the acting, singing, and dancing skills of the students who represented ESE in the production. We are so proud of their hard work and performances. In the upcoming months, we will also be sharing a performance with the school to inspire everyone to do their best on the LEAP test. We are concluding our school year with some essential academic work and possibly supporting any performances for those interested in presenting at the end of the year talent show, which should be a great finale for such a fantastic school year. We are already looking forward to our future collaborations, when we presenting more outstanding student work for our excellent audiences.



ETHEL SCHOEFFNER ELEMENTARY 4-H *Club*

Next Meeting Date:



Wednesday

March 25

Wednesday

April 22 **by invitation only

*Members will be notified of any date changes.

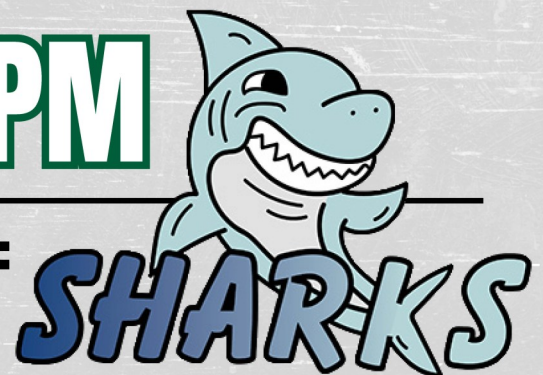
2025-2026

MEETING TIME:

3:05 PM - 4:15 PM

ETHEL SCHOEFFNER 4-H LEADERS:

MRS. MATHERNE, MRS. KELLER, MRS. JACOB
AND MS. DUCRE





Car Rider Logistics

Morning Arrival

- Always enter the parking lot from the side closest to New Sarpy.
- When dropping off your child, pull all the way to the right. This allows teachers and staff to enter and park until 7:35 AM.
- Staff members will be on duty to receive students until 7:50 AM. Students arriving after 7:50 are considered tardy.
- If no adult is present at drop-off, please park and escort your child into the office to sign them in.
- Do **not** park in the bus circle before 8:10 AM.

Afternoon Dismissal

- Park in the side parking lot and walk to the cafeteria doors to pick up your child.
- Anyone other than a legal guardian must be listed on the Emergency Card in order to pick up your child. ID will be required for verification.
- A school representative will check you in and release your child safely.
- If you need to check your child out early, please do so **before 2:30 PM**, as the office becomes very busy preparing for dismissal. While the ESE 2025-2026 Family Handbooks states 2:45, this is incorrect. **The correct time is 2:30 PM.**

Ethel Schoeffner Elementary is excited to stay connected with families through social media!

Follow us on:

X
@ESE_Sharks

Instagram
@Schoeffnerelementary

Facebook
Ethel Schoeffner Elementary



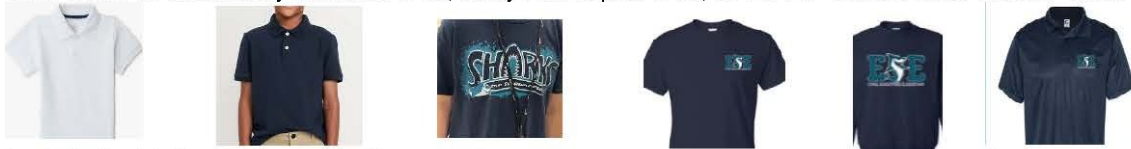
You can see our Sharks in action!

2025 – 2026 Student Dress Code

Uniform apparel will only be sold through **Skipper's** online store: <https://ese2025.itemorder.com/shop/home/>
 Online store is closed until September 29. Next purchasing window will be September 29 - October 13

Shirts/Sweatshirts

- Solid white or solid navy collared shirt, navy ESE spirit shirt, or 25-26 Theme Shirt can be worn any day.



- Jackets that fully unzip or unbutton may be any color
 - **Non-ESE logos or printed images may be no bigger than the size of a fist**
 - **Jackets must remain unzipped while inside the building.**
- **Pullovers must be solid - navy, white, gray, black.**
 - Non-ESE logos may be no bigger than the size of a fist
 - **No hooded pullover/sweatshirts may be worn on any school campus during the school day.**

ALLOWED SWEATSHIRTS & JACKETS



Solid black w/ logo about the size of fist

School logo

Solid – no hood

SWEATSHIRTS & JACKETS NOT ALLOWED



Logo too big

Logo too big & has hood

Logo is right size BUT has hood

Pants/Shorts

Pants/shorts must be khaki or navy
 Shorts/skirts/jumpers shall be longer than two inches above the top of knee cap.



Solid navy, solid white, solid gray, or solid black leggings/tights **may only be worn under** school-appropriate skirts or shorts.

Examples of what is NOT allowed

No cargo pants /shorts

Leggings may **never** be worn as outerwear



Too Short

Too tight –biking shorts

Athletic/tennis skirts **may not be worn** if they are less than two inches above the knee.

ON FRIDAYS ONLY

Only on Fridays, students may wear an ESE special event or St. Charles Parish Public Schools sponsored event shirt. Previous year special ESE Theme/Event shirts - ex. Fun Run, Spring Fling



Other St. Charles Parish Event Shirts:

D.A.R.E Honor Band Desty Darling/Cheer/Baseball/Football Camp 2nd to 3rd Grade New Sarpy Shirt

Students may wear jeans or bottoms of their choice of any color that are school appropriate. Pajama pants, cargo pants, or torn, cut, or ripped bottoms are not allowed. Leggings or tights may not be worn as outerwear.

4H t-shirts may be worn on Fridays AND on the day of the monthly meetings.

Pep Squad t-shirts may be worn on Fridays AND on the day of Pep Squad events – with sponsor approval.

Only clear water bottles are allowed.



March

SHARKS

ETHEL SCHOEFFNER ELEMENTARY

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Take Your Parent to P.E. Week March 2-6	3 YALL Fest Choir Pep Squad Practice 3:05-4:30 PM	4 YALL Fest 5th Grade Band	5	6 Concessions @ lunch maximum \$3	7
8 	9	10 4th Grade Band 3:05 - 3:50 PM Cake Bingo Doors Open @ 5:15 PM <small>Ticket Required for Admission</small>	11 Student Holiday Faculty Professional Development	12 4th Grade Field Trip The Museum of Illusions	13 End of 3rd Quarter	14 ArtsFest @ LPAC 10 AM - 3 PM
15	16 Scholastic Book Fair Class / Club Pictures	17  Scholastic Book Fair Students may wear a green shirt with uniform bottoms 5th Grade Band 3:05 - 3:50 PM Pep Squad Practice 3:05-4:30 PM	18 Scholastic Book Fair	19 Scholastic Book Fair The Vieux Carré Walking Tour Project Chauvin, Hobson, Picou	20  Scholastic Book Fair Wear mismatched socks for Down Syndrome Awareness	21 Honor Choir Auditions  World Down Syndrome Day
22	23	24 Report Cards Go Home 4th Grade Band 3:05 - 3:50 PM	25 Special Olympics Track & Field Games 4th Meeting 3:05-4:15 PM	26 Quarterly Awards 5th - 9:00 AM 4th - 10:15 AM	27 Quarterly Awards 3rd - 9:00 AM	28
29	30 5th Grade Students Visit Hurst Middle School	31 Pep Squad Parent Meeting for 26-27				
					LEAP Testing is coming soon!! April 29 - May 6, 2026	

March 2026 Elementary Menus

St. Charles Parish Public Schools

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



**The Realm Rises
with Breakfast**

15+ million students participate
in the School Breakfast
Program in the United States.

AVAILABLE DAILY

With all meals
Low Fat White Milk
Fat Free Flavored Milk

Cold Lunch Choice
Monday: Sunbutter Sandwich
Tuesday: Charley Box
Weds.: Deli Sandwich
Thursday: Entrée Salad
Friday: Sunbutter Sandwich



Every complete
meal we serve comes with
your choice of low fat or
nonfat milk!

Monday, March 2

Breakfast
Pancake on a Stick
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Popcorn Chicken
Mashed Potatoes & Gravy
Cal Blend Veggies
Baked Apples

Tuesday, March 3

Breakfast
Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Hamburger/Cheeseburger
Crinkle Cut Fries
Lettuce/Tomato/Pickle
Baked Beans
Orange Wedges

Wednesday, March 4

Breakfast
French Toast Sticks
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Chili, Fritos
Garden Salad
Steamed Corn
Banana
Cake or Crisp

Thursday, March 5

Breakfast
Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Jambalaya
Broccoli Florets
Steamed Carrots
WW Roll
Pineapple Tidbits

Friday, March 6

Breakfast
Egg Bites
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Fish Nuggets
Macaroni & Cheese
Green Beans
Cucumber & Tomato Salad
Pear Halves

Monday, March 9

Breakfast
Grits or Parfait
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice


Lunch
Chicken Tenders
Waffles
Green Beans
Steamed Carrots
Sliced Peaches

Tuesday, March 10

Breakfast
Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Orange Chicken
Fried Rice
Asian Chopped Salad
Edamame Beans
Mandarin Oranges

Wednesday, March 11



Thursday, March 12

Breakfast
Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Turkey & Sausage Gumbo
Steamed Rice
Potato Salad
Cucumber/Tomato Salad
Pineapple Tidbits

Friday, March 13

Breakfast
Scone
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Bosco Sticks
Marinara Sauce Cup
Green Beans
Orange Wedges
Jello w/Whip Topping

Monday, March 16

Breakfast
Confetti Pancakes
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Totchos
Green Beans
Applesauce
Corn Bread

Tuesday, March 17

Breakfast
Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Salisbury Steak
Mashed Potatoes
Steamed Corn
Dinner Roll
Apple Wedges

Wednesday, March 18

Breakfast
French Toast Sticks
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Potato Soup
Cheddar Goldfish
Garden Salad
Banana
Brownie

Thursday, March 19

Breakfast
Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Mesquite Chicken Legs
Mac & Cheese
Broccoli Florets
Baked Beans
Pineapple Tidbits

Friday, March 20

Breakfast
Waffle
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Fish Nuggets
Crinkle Cut Fries
Carrot & Celery Sticks
Orange Wedges

Ready for the Journey Ahead

Students who participate in school
breakfast programs show improved
attendance and academic
performance.



Sharp Minds Lead the Way

School breakfast helps
students complete challenging
mental tasks and boosts
problem-solving abilities.

Monday, March 23

Breakfast
Grits or Parfait
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Red Beans w/Steamed Rice
Steamed Carrots
Seasoned Mustard Greens
Cornbread
Peaches

Tuesday, March 24

Breakfast
Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Nachos w/Cheese
Steamed Corn
Refried Beans
Salsa
Apple Wedges

Wednesday, March 25

Breakfast
Cinnamon Roll
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Manager's Choice

Thursday, March 26

Breakfast
Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Turkey Stew
Steamed Rice
Carrot Soufflé
Steamed Cabbage
Strawberry Cup

Friday, March 27

Breakfast
Donut
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Fresh Hot Pizza
Marinara Sauce
Garden Salad
Orange Wedges
Cookie



A Smarter Start Wins the Day

Students who eat breakfast the
morning of a standardized test achieve
17.5% higher scores than those who do
not eat breakfast.

Monday, March 30

Breakfast
Breakfast Pizza
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Chicken Filet
Mashed Potatoes
Green Beans
Applesauce

Tuesday, March 31

Breakfast
Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Chicken Alfredo
Broccoli Florets
Steamed Carrots
Pear Halves



Eating a Complete Breakfast

Eating a whole breakfast improves
children's alertness, focus and memory.

Strong Starts Shape the Future

Students who regularly
eat breakfast are more
likely to build positive,
life-long eating habits and
maintain a healthier body
weight.

