

## Elementary

# MENUS FOR MARCH 2024

This institution is an equal  
opportunity provider  
and employer.

## We're still a bargain!

# Lunch \$2.50

Get in touch with us today to learn more about  
free and reduced-price meals in our district:  
**355-4814 or [mrider@basd.net](mailto:mrider@basd.net)**

Monday, March 4

### Breakfast

Fruit Muffin & String Cheese

### Lunch

1. Chicken & Cheese Quesadilla
2. Chicken Filet Sandwich
3. Chef Salad

Steamed Rice  
Golden Corn Niblets  
Fresh Veggie Choice  
Fruit Choice

Tuesday, March 5

### Breakfast

Yogurt & NutriGrain Bar

### Lunch

1. Cheesesteak Mini-Sub
2. Chicken Filet Sandwich
3. Chef Salad

Buttered Noodles  
Carrot Coins  
Fresh Veggie Choice  
Fruit Choice

Wednesday, March 6

### Breakfast

Pancake Pak

### Lunch

1. Hot Ham & Cheese on Pretzel Roll
2. Chicken Filet Sandwich
3. Chef Salad

Potato Wedges  
Fresh Veggie Choice  
Fruit Choice

Thursday, March 7

### Breakfast

Oatmeal Benefit Bar

### Lunch

1. Popcorn Chicken & Dinner Roll
2. Chicken Filet Sandwich
3. Chef Salad

Cheesy Scalloped Potatoes  
Fresh Veggie Choice  
Fruit Choice

Friday, March 8

### Breakfast

Cinni-Mini

### Lunch

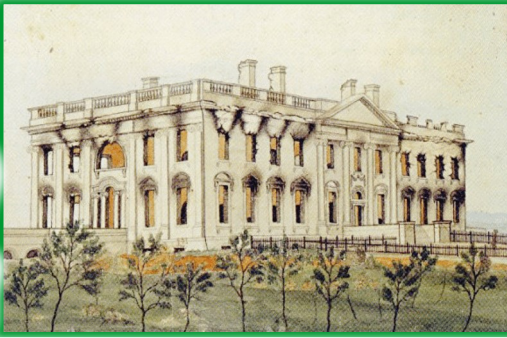
1. Cheese Pizza
2. Chicken Filet Sandwich
3. Chef Salad

Steamy Broccoli  
Fresh Veggie Choice  
Fruit Choice

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OUR NATION'S HISTORY

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WITH LIBERTY & JUSTICE FOR ALL

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During the month that we celebrate St. Patrick's Day, it's interesting to note that an Irish-born architect (James Hoban) designed and oversaw the building of the White House in Washington, D.C. -- not just once, but twice! Hoban first built the original White House in the 1790's, and he then rebuilt it after the British burned out the building during the War of 1812, as pictured here.

## FIRST THINGS FIRST!

This year, we've been telling you a lot about the educational and health benefits of eating a nutritious breakfast. Remember: kids can't do their best unless they're well fed in the morning!



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

Friday, March 1

### Breakfast Cinni-Mini

### Lunch

1. Cheesy Mozzarella Bread Sticks & Dipping Sauce
2. Warm Cheese Pretzel
3. Chef Salad

Peas & Carrots  
Fresh Veggie Choice  
Fruit Choice

## SWEET TOOTH

The Honey Badger of Africa and Asia is really closer to a weasel than a true badger, but one thing about its name is definitely true: the honey badger loves honey and will avidly seek out beehives to get at it. Of course, the honey badger will also eat pretty much anything it finds -- rodents, frogs, snakes, insects, turtles, birds, lizards, eggs, vegetables, and whatever else it comes across. They've even been known to chase away young lions and steal their kills. Guess the honey badger really doesn't care!



**Monday, March 11**

**Breakfast**

Fruit Muffin & String Cheese

**Lunch**

1. Homestyle Breaded Chicken Filet Sandwich
2. Pizza Munchable
3. Chef Salad

Mixed Vegetables  
Fresh Veggie Choice  
Fruit Choice

**Tuesday, March 12**

**Breakfast**

Cinnamon Roll

**Lunch**

1. Meatball Mini Sub
2. Pizza Munchable
3. Chef Salad

Potato Smiles  
Fresh Veggie Choice  
Fruit Choice

**Wednesday, March 13**

**Breakfast**

Fruit Strudel

**Lunch**

1. Chicken Ranch Wrap
2. Pizza Munchable
3. Chef Salad

Cheesy Cauliflower  
Fresh Veggie Choice  
Fruit Choice

**Thursday, March 14**

**Breakfast**

Yogurt & Cinnamon Grahams

**Lunch**

1. Cheesy Mini Ravioli Breadstick
2. Pizza Munchable
3. Chef Salad

Tasty Green Beans  
Veggie Choice  
Fruit Choice

**Friday, March 15**

**Breakfast**

Cinni-Mini

**Lunch**

1. Crunchy Fish Nuggets & Roll
2. Pizza Munchable
3. Chef Salad

Potato Wedges  
Fresh Veggie Choice  
Fruit Choice

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

**Spring forward  
on  
March 10**



**Monday, March 18**

**Breakfast**

Fruit Muffin & String Cheese

**Lunch**

1. Cheeseburger on Bun
2. Warm Cheese Pretzel
3. Chef Salad

Baked Beans  
Fresh Veggie Choice  
Fruit Choice

**Tuesday, March 19**

**Breakfast**

Breakfast Bagel

**Lunch**

1. Mini Turkey Corndogs
2. Warm Cheese Pretzel
3. Chef Salad

Macaroni & Cheese  
Broccoli Florets  
Veggie & Fruit Juice  
Fruit Choice

**Wednesday, March 20**

**Breakfast**

French Toast Pak

**Lunch**

1. Beef & Cheese Walking Taco
2. Warm Cheese Pretzel
3. Chef Salad

Golden Corn Niblets  
Fresh Veggie Choice  
Fruit Juice

**Thursday, March 21**

**Breakfast**

Yogurt & NutriGrain Bar

**Lunch**

1. Chicken Tenders & Roll
2. Warm Cheese Pretzel
3. Chef Salad

Mashed Potatoes & Gravy  
Fresh Veggie Choice  
Fruit Choice

**Friday, March 22**

**Breakfast**

Cinni-Mini

**Lunch**

1. Cheesy Mozzarella Breadstick & Dipping Sauce
2. Warm Cheese Pretzel
3. Chef Salad

Peas & Carrots  
Fresh Veggie Choice  
Fruit Choice

**NUTRITION TO GO**

**Turns out Grandma was right: chicken soup IS good for a cold! Chicken soup helps to ease cold symptoms by breaking up congestion, keeping you hydrated, and even acting as an anti-inflammatory. The taste and aroma can be therapeutic, too! There's no cure for a cold, but a piping hot bowl of soup can at least offer some relief.**

**A QUICK BITE FOR PARENTS**

**Monday, March 25**

**Breakfast**

Fruit Muffin & String Cheese

**Lunch**

1. Chicken & Cheese Fajita Wrap
2. Pizza Munchable
3. Chef Salad

Steamed Rice  
Mixed Vegetables  
Fresh Veggie Choice  
Fruit Choice

**Tuesday, March 26**

**Breakfast**

Yogurt & Cinnamon Grahams

**Lunch**

1. Cook's Choice Entree
2. Pizza Munchable
3. Chef Salad

Cook's Choice Potato  
Fresh Veggie Choice  
Fruit Choice

**Wednesday, March 27**

**Breakfast**

Cook's Choice Breakfast

**Bagged Lunch**

1. Deli Meat & Cheese Sandwich
2. Pizza Munchable
3. Chef Salad

Baby Carrots  
Veggie & Fruit Juice  
Apple Chips

