Monday, March 15

# Grab n Go Breakfast

**Juice/Fruit Milk** Muffin and Graham Crackers

#### Lunch

Chicken Nuggets with Roll Pulled Pork on a Roll PB & | Sandwich Chef Salad with Dinner Roll Sides: Baked French Fries/ Fresh Veggies Fruit and Milk

### Tuesday, March 16

#### Grab n Go Breakfast **luice/Fruit Milk**

Mini Pancakes

Juice/Fruit Milk Cinnamon Roll

#### Lunch

3 Pierogis with Roll Cheeseburger on a Roll PB & | Sandwich Chef Salad with Round Roll Sides. Zesty Baked Beans /Fresh Veggies Fresh Baked Cookie

# Wednesday, March 17

# Grab n Go Breakfast

**Go For Greens Lunch** 

Creamy Macaroni and Cheese

with Broccoli and Roll

**Breaded Chicken Patty** 

Sandwich/PB & | Sandwich

Chef Salad with Round Roll

Sides: Spinach Salad/ Fresh

**Cucumbers Slices** 

**Green Fruited Jell-0** 

and Milk

**luice/Fruit Milk** Cereal and Graham Crackers

Thursday, March 18

Grab n Go Breakfast

**Brunch for Lunch** B French Toast Sticks & Sausage Egg, Ham and Cheese Bagel PB & | Sandwich Chef Salad with Round Roll Sides. Tater Tots/ Fresh Veggies Fruit Juice and Milk

Friday, March 19

#### **Virtual Day!** No Students in School!

Pick up meals available II:00-II:I5@ **Beaver** WW Evans Memorial **Secondary Complex** 



Did you know that Parsley is a vegetable? We mainly use it as a cooking herb or as garnish to make a plate look nice, but you'd do well to munch it rather than toss it out when you scrape your plate.

Parsley contains three times as much vitamin C as oranges, twice as much iron as spinach, and lots of vitamin A and minerals, too. Plus, chewing

parsley helps

prevent bad breath!

### Monday, March 22

#### Grab n Go Breakfast

**Juice/Fruit Milk** Cereal Bar

#### Lunch

Popcorn Chicken with Roll Sloppy Joe on a Bun PB & | Sandwich Chef Salad with Round Roll Sides: Cooked Carrots /Fresh Veggies Fruit and Milk

### Tuesday, March 23

Fruit and Milk

#### Grab n Go Breakfast

**Juice/Fruit Milk** Muffin and Graham Crackers

#### Lunch

Nachos with Chili, Cheese Sauce. Sour Cream Meatball Hoagie PB & I Uncrustable Chef Salad with Dinner Roll Sides: Corn / Black Bean Salsa Lettuce and Tomato Fruit Ice and Milk

### Wednesday, March 24

## Grab n Go Breakfast

**Juice/Fruit Milk** Yogurt with Granola

#### Lunch Chicken Pot Pie (Chicken.

Noodles, and Gravy) **BBO** Rib Sandwich PB & | Uncrustable Chef Salad with Dinner Roll Sides: Mixed Vegetables /Fresh Veggies **Pudding Cup** Fruit and Milk

#### Thursday, March 25

### Grab n Go Breakfast

**Juice/Fruit Milk** Cereal and Graham Crackers

#### Lunch

Cheesy Pizza Tuna Salad Croissant PB & | Sandwich Chef Salad with Graham Crks Sides: Cesar Salad /Fresh Veggies Fruit and Milk

\*

### Friday, March 26

**Virtual Day!** No Students in School!

Pick up meals available II:00-II:I5@ **Beaver WW Evans** Memorial **Secondary Complex** 

#### Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay\_healthy/food/pyramid.html

#### Monday, March 29

### Grab n Go Breakfast

Juice/Fruit Milk Muffin and Graham Crackers

#### Lunch

5 Corn Dog Nuggets with Roll Cheese Steak Hoagie PB & | Uncrustable Chef Salad with Dinner Roll Sides: Baked French Fries /Fresh **Veggies** 

Fruit and Milk

# Tuesday, March 30

#### Grab n Go Breakfast

Juice/Fruit Milk Cereal Bar

#### Lunch

Turkey and Waffles Hamburger on a Roll PB & | Sandwich Chef Salad with Round Roll Sides: Creamy Mashed Potatoes / Fresh **Veggies** Fruit and Milk

#### Wednesday, March 31

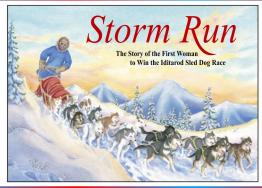
#### Grab n Go Breakfast

Juice/Fruit Milk Cinnamon Roll

#### Soup - Lunch

Deli Hoagie Chicken BBO on Roll PB & | Sandwich Chef Salad with Round Roll Sides: Chicken Noodle Soup with Crackers Zesty Baked Beans /Fresh Veggies

#### NATION'S HISTORY



s a teenager, Libby Riddles moved to Alaska A s a teenager, Libby Riddles moved to Alaska and soon fell in love with sled dogs and the sport of "mushing," or racing sled dogs. She soon developed a dream to win the famous IDITAROD, a grueling 1,157 mile race across the frigid interior of Alaska, where wind chills can reach -100° F! On March 20, 1985, Riddles realized her dream and became the first woman to win the Iditarod, finishing the race in just over 18 days. She wrote a book about her experience called "Storm Run."

 $W_{ITH}$ LIBERTY  $A_{LL}$ USTICE FOR