

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 & J Sandwich
Chef Salad with Dinner Roll
Sides:
Baked French Fries/ Fresh Veggies
Fruit and Milk

Tuesday, March 16

Grab n Go Breakfast

Juice/Fruit Milk
Mini Pancakes

Lunch

3 Pierogis with Roll
Cheeseburger on a Roll
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Zesty Baked Beans /Fresh Veggies
Fresh Baked Cookie
Fruit and Milk

Wednesday, March 17

Grab n Go Breakfast

Juice/Fruit Milk
Cinnamon Roll

Go For Greens Lunch

Creamy Macaroni and Cheese with Broccoli and Roll
Breaded Chicken Patty Sandwich/ PB & J Sandwich
Chef Salad with Round Roll
Sides: Spinach Salad/ Fresh Cucumbers Slices
Green Fruited Jell-O and Milk

Thursday, March 18

Grab n Go Breakfast

Juice/Fruit Milk
Cereal and Graham Crackers

Brunch for Lunch

3 French Toast Sticks & Sausage Egg, Ham and Cheese Bagel
PB & J 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
11:00-11:15@
Beaver
WW Evans
Memorial
Secondary Complex

Monday, March 22

Grab n Go Breakfast

Juice/Fruit Milk
Cereal Bar

Lunch

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

Tuesday, March 23

Grab n Go Breakfast

Juice/Fruit Milk
Muffin and Graham Crackers

Lunch

Nachos with Chili, Cheese Sauce, Sour Cream
Meatball Hoagie
PB & J 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)
BBQ Rib Sandwich
PB & J 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 & J 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
11:00-11:15@
Beaver
WW Evans
Memorial
Secondary Complex

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 & J 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 & J 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 BBQ on Roll
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Chicken Noodle Soup with Crackers
Zesty Baked Beans /Fresh Veggies



Superfood?!

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!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

OUR NATION'S HISTORY

Storm Run
The Story of the First Woman to Win the Iditarod Sled Dog Race

As 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."

WITH LIBERTY & JUSTICE FOR ALL