

# Menus for March 2023



WASHINGTON LOCAL SCHOOLS

This institution is an equal opportunity provider.

## DON'T 4GET!

To make a lunch,  
choose at least one



or



and 3-5  
items  
total

# YOU'RE GOOD



# ALL STUDENTS EAT BREAKFAST@ NO COST ALL YEAR LONG

### Wednesday, March 1

#### **Breakfast**

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk

#### **Lunch**

Tony's Pizza  
Tossed Salad  
Asst. Fruit  
Milk

### Thursday, March 2

#### **Breakfast**

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk

#### **Lunch**

Cheeseburger  
French Fries  
Asst. Fruit  
Milk

### Friday, March 3

#### **Breakfast**

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk

#### **Lunch**

J Cup Pizza  
Broccoli & Dip  
Asst. Fruit  
Milk



## BREAK AN EGG.

Hey, why do you think it's called BREAKfast? A breakfast sandwich of an egg, a slice of lean ham, and a piece of cheese on a whole-wheat English muffin, with an orange and lowfat milk, provides a delicious variety of foods, and only about 550 calories. Keeps you feeling full, too. Enjoy!

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

### Monday, March 6

#### **Breakfast**

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk

#### **Lunch**

Chicken Tenders  
Dinner Roll  
Corn  
Asst. Fruit  
Milk

### Tuesday, March 7

#### **Breakfast**

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk

#### **Lunch**

Corn Dogs  
Baked Beans  
Asst. Fruit  
Milk

### Wednesday, March 8

#### **Breakfast**

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk

#### **Lunch**

Grilled Cheese  
Chips  
Green Beans  
Asst. Fruit  
Milk

### Thursday, March 9

#### **Breakfast**

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk

#### **Lunch**

Spaghetti  
Garlic Toast  
Broccoli & Cheese  
Asst. Fruit  
Milk

### Friday, March 10

#### **Breakfast**

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk

#### **Lunch**

J Cup Pizza  
Carrots & Dip  
Asst. Fruit  
Milk



However you  
measure time at  
your house,  
don't forget  
to move the  
clocks ahead  
one hour on  
March 12!

# BARNYARD MANNERS



When a rooster finds something good to eat in the course of making his rounds, he will often call his flock over to eat first before he eats. He even has a special call to let the hens know that he has found something tasty. So the next time someone accuses you of having barnyard manners, tell them thanks!

## ANIMAL APPETITES



What's on **YOUR** plate?



Get a watch with a second hand, and then time yourself to see how long it takes you to find the **FOUR-LEAF CLOVER** in the puzzle!



People can eat clover (it's actually a good source of protein), but it's hard for us to digest. So how does clover figure into our diets? Well, some of the meat we eat comes from animals that eat a lot of clover, and clover is also a favorite source of nectar that bees turn into honey. Just because we don't eat something, that doesn't mean it's not important for us!

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

Monday, March 13

Teacher Work Day  
No Students

Tuesday, March 14

### Breakfast

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk

### Lunch

Nachos  
Refried Beans &  
Cheese  
Asst. Fruit  
Milk

Wednesday, March

### Breakfast

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk

### Lunch

Tony's Pizza  
Tossed Salad  
Asst. Fruit  
Milk

Thursday, March 16

### Breakfast

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk

### Lunch

Pancakes  
Sausage  
Potato Puffs  
Asst. Fruit  
Milk

Friday, March 17

### Breakfast

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk

### Lunch

J Cup Pizza  
Broccoli & Dip  
Asst. Fruit  
Milk

Monday, March 20

### Breakfast

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk

### Lunch

Bosco w/  
Meat Sauce  
Carrot Coins  
Asst. Fruit  
Milk

Tuesday, March 21

### Breakfast

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk

### Lunch

Hot Dog  
Baked Beans  
Asst. Fruit  
Milk

Wednesday, March

### Breakfast

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk

### Lunch

Mac & Cheese  
Dinner Roll  
Tossed Salad  
Asst. Fruit  
Milk

Thursday, March 23

### Breakfast

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk

### Lunch

Panther's Bowl  
Mashed Potatoes  
Corn  
Asst. Fruit  
Milk

Friday, March 24

### Breakfast

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk

### Lunch

J Cup Pizza  
Broccoli & Dip  
Asst. Fruit  
Milk

Monday, March 27

### Breakfast

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk

### Lunch

Crispy Chicken  
Sandwich  
Sweet Potato Fries  
Asst. Fruit  
Milk

Tuesday, March 28

### Breakfast

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk

### Lunch

Walking Taco  
Refried Beans  
Asst. Fruit  
Milk

Wednesday, March

### Breakfast

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk

### Lunch

Tony's Pizza  
Corn  
Asst. Fruit  
Milk

Thursday, March 30

### Breakfast

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk

### Lunch

Sloppy Joe  
Chips  
Green Beans  
Asst. Fruit  
Milk

Friday, March 31

### Breakfast

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk

### Lunch

J Cup Pizza  
Broccoli & Dip  
Asst. Fruit  
Milk