

CNMI Public School System,
Child Nutrition Program

MENUS FOR MARCH 2024

This institution is an equal
opportunity provider
and employer.



Kids!
Join us March 4-8
for
**National School
Breakfast Week
2024!**



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

French Toast with Syrup
Sausage
Fruit

Lunch

Chicken Alfredo with Spinach
Garden Salad
Local Vegetables
Fruit
Flavored Milk

Secondary Second Choice

Taco Packed Salad
WGR Tortilla/Tortilla Chips
Fruit

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 4

Breakfast

Assorted Cereal
Fruit

Lunch

Chicken Curry with
Carrots and Potatoes
Broccoli
Steamed Rice
Fruit

Secondary Second Choice

Vegilicious Packed Salad
WGR Penne Pasta
Fruit

Tuesday, March 5

Breakfast

French Toast Casserole
with Portuguese Sausage
Fruit/Fruit Smoothie

Lunch

Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fruit

Secondary Second Choice

Tofu Lo Mein
Chinese Cabbage
Carrots
Fruit

Wednesday, March 6

Breakfast

Breakfast Burrito
Fruit/Fruit Smoothie

Lunch

Breaded Chicken with Gravy
Mashed Potato
3 Bean Salad
WGR Roll
Fruit

Secondary Second Choice

Vegilicious Salad Bar
WGR Penne Pasta
Fruit

Thursday, March 7

Breakfast

Sausage & Egg Scramble
Steamed Rice
Fruit/Fruit Smoothie

Lunch

Beef Lasagna
Garlic Cauliflower & Broccoli
Corn
Fruit

Secondary Second Choice

Tuna Salad Sandwich on WGR Bun
Sandwich Sides
Japanese Salad
Fruit

Friday, March 8

Breakfast

Pancakes with Syrup
Bacon
Fruit

Lunch

Chicken Adobo
Steamed Rice
Lemon Garlic Kangkung
Local Vegetables
Fruit
Flavored Milk

Secondary Second Choice

Vegilicious Packed Salad
WGR Penne Pasta
Fruit



Monday, March 11

Breakfast

Assorted Cereal
Fruit

Lunch

Grilled Ham Steak
Steamed Brown Rice
Sweet Potato Fries
Texas BBQ Beans
Fruit

Secondary Second Choice

Taco Packed Salad
WGR Tortilla/Tortilla Chips
Fruit

Tuesday, March 12

Breakfast

Ham and Cheese Roll
Fruit/Fruit Smoothie

Lunch

Chicken Burger
Potato Wedges
Broccoli
Fruit

Secondary Second Choice

Subway Sandwich with
Honey Onion Dressing on
WGR Bun
Vegetable Sticks & Dip
Fruit

Wednesday, March 13

Breakfast

Pan de Sal with Egg & Cheese
Fruit/Fruit Smoothie

Lunch

Beef Steak with Green Peas &
Onions
Red Rice
Local Vegetables
Broccoli
Fruit

Secondary Second Choice

Taco Salad Bar
WGR Tortilla/Tortilla Chips
Fruit

Thursday, March 14

Breakfast

Sausage Links
Garlic Fried Rice
Fruit/Fruit Smoothie

Lunch

Pepperoni Pizza
Vegetable Sticks & Dip
Fruit

Secondary Second Choice

Buffalo Chicken Wrap
Vegetable Sticks & Dip
Japanese Salad
Fruit

Friday, March 15

Breakfast

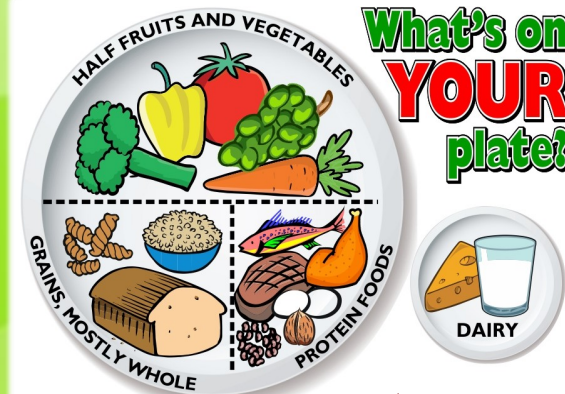
French Toast with Syrup
Sausage
Fruit

Lunch

BBQ Chicken
Red Rice
Corn and Potato Salad
Fruit
Flavored Milk

Secondary Second Choice

Taco Packed Salad
WGR Tortilla/Tortilla Chips
Fruit



**What did the
Teddy Bear
say when
he was
offered
dessert?**



“No, thanks. I’m stuffed!” Actually, that’s not a bad answer for a real kid, too. Foods that are mainly sugar, fat, or oil -- like candy and desserts -- are fine in small portions and once in awhile. But they should not replace healthy foods in your diet and they should not be an every day choice!

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

Monday, March 18

Breakfast

Assorted Cereal
Fruit

Lunch

Oven Fried Chicken
Red Rice
Corn
Sauteed Spinach
Fruit

Secondary Second Choice

Vegilicious Packed Salad
WGR Penne Pasta
Fruit

Tuesday, March 19

Breakfast

Ground Beef & Veggie
Omelet
Steamed Rice
Fruit/Fruit Smoothie

Lunch

Marianas BBQ Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fruit

Secondary Second Choice

Fire Alarm Pizza
Vegetable Sticks & Dip
Fruit

Wednesday, March 20

Breakfast

Grilled Cheese Sandwich
Fruit/Fruit Smoothie

Lunch

Beef Bulgogi with Bell Peppers,
Bean Sprouts & Onions
Steamed Rice
Carrots
Fruit

Secondary Second Choice

Vegilicious Salad Bar
WGR Penne Pasta
Fruit

Thursday, March 21

Breakfast

Grilled Ham with Fried Rice
Fruit/Fruit Smoothie

Lunch

Spaghetti Bolognese
WGR Roll
Garlic Spinach
3 Bean Salad
Fruit

Secondary Second Choice

Banh Mi
Pickled Carrots, Radish &
Cucumber
Japanese Salad
Fruit

Friday, March 22

Breakfast

Pancakes with Syrup
Bacon
Fruit

Lunch

Tofu Lo Mein
Chinese Cabbage
Carrots
Local Vegetables
Fruit
Flavored Milk

Secondary Second Choice

Vegilicious Packed Salad
WGR Penne Pasta
Fruit

Monday, March 25

**Covenant Day
Public Schools Closed**

Breakfast

Assorted Cereal
Fruit

Lunch

Kung Pao Chicken
with Bell Peppers
Steamed Rice
Sesame Broccoli
Fruit

Tuesday, March 26

**Spring Break
Public Schools Closed**

Breakfast

Fried Rice with Chicken Nuggets
Fruit/Fruit Smoothie

Lunch

Turkey & Gravy
WGR Roll
Mashed Potato
Steamed Carrots
Fruit

Wednesday, March 27

**Spring Break
Public Schools Closed**

Breakfast

Mac & Cheese
Fruit/Fruit Smoothie

Lunch

Beef Broccoli
Steamed Rice
Mixed Vegetables
Fruit

Thursday, March 28

**Spring Break
Public Schools Closed**

Breakfast

Sausage Patty with Garlic Rice
Fruit/Fruit Smoothie

Lunch

Chicken Kelaguen
Titiyas/WGR Tortilla
Cucumber Sticks & Dip
Local Vegetables
3 Bean Salad
Fruit

Friday, March 29

**Good Friday
Public Schools Closed**

Breakfast

French Toast with Syrup
Sausage
Fruit

Lunch

Cheese Pizza
Vegetable Sticks & Dip
Fruit

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