

menus for MARCH 2025

This institution is an equal opportunity provider. Menus are subject to change.



Kids!
Join us March 3-7
for
**National School
Breakfast Week
2025!**

**Word
of the
Month**

un·flap·pa·ble

adj. 1. calm and even-tempered, whether facing difficulty or success 2. not easily upset or excited

Monday, March 3

Breakfast
Assorted Cereal
Fresh Fruit

Lunch
Thai Beef Noodle Bowl
Red Bell Peppers
Mixed Vegetables
Fruit

Tuesday, March 4

Breakfast
Pancakes with Syrup
Bacon
Fresh Fruit/Fruit Smoothie

Lunch
Marianas BBQ Burger
Sandwich Sides
Potato Wedges
Fruit

Secondary Second Choice
Vegilicious Salad
Ham/Cheese
WGR Penne Pasta
Fruit

Wednesday, March 5

Breakfast
Sus Mac & Cheese
Fresh Fruit/Fruit Smoothie

Lunch
Baked Cajun Fish
Broccoli
Carrots
Steamed Rice
Fruit

Secondary Second Choice
Chicken Kelaguen w/ Titiyas
Carrot Sticks & Cucumber Sticks
w/ Dip
Fruit

Thursday, March 6

Breakfast
Garlic Fried Rice
with Chicken Nuggets
Fresh Fruit/Fruit Smoothie

Lunch
Spaghetti Bolognese
WGR Roll
Garden Salad w/ Tomatoes & Dressing
Spanish Chickpeas
Fruit

Secondary Second Choice
Vegilicious Salad
Ham/Cheese
WGR Penne Pasta
Fruit

Friday, March 7

Breakfast
Pancakes with Syrup
Fresh Fruit

Lunch
Zesty Fish
Steamed Rice
Sesame Broccoli & Local Vegetables
Flavored Milk
Fruit

Secondary Second Choice
Beef Broccoli
Steamed Rice
Bean Sprouts
Fruit

Monday, March 10

Breakfast
Assorted Cereal
Fruit

Lunch
Orange Chicken
Steamed Rice
Pacific Blend Vegetables
Fruit

Tuesday, March 11

Breakfast
Pancakes with Syrup
Sausage Patty
Fruit/Fruit Smoothie

Lunch
Subway Sandwich with Honey Onion
Dressing on WGR Bun
Sandwich Sides
Carrot Sticks w/ Ranch Dip
Fruit

Secondary Second Choice
Taco Salad
Lentil Taco Meat/Lentils
WGR Tortilla/Tortilla Chips
Fruit

Wednesday, March 12

Breakfast
Toasted Ham & Cheese
Fruit/Fruit Smoothie

Lunch
Beef Steak with
Green Peas & Onions
Red Rice
Broccoli
Fruit

Secondary Second Choice
Banh Mi Sandwich
Pickled Carrots & Radish
Broccoli
Fruit

Thursday, March 13

Breakfast
Fried Rice with Portuguese Sausage
Fruit/Fruit Smoothie

Lunch
Chicken Alfredo Penne Pasta
Garden Salad with Carrots & Dressing
Lentils
Fruit

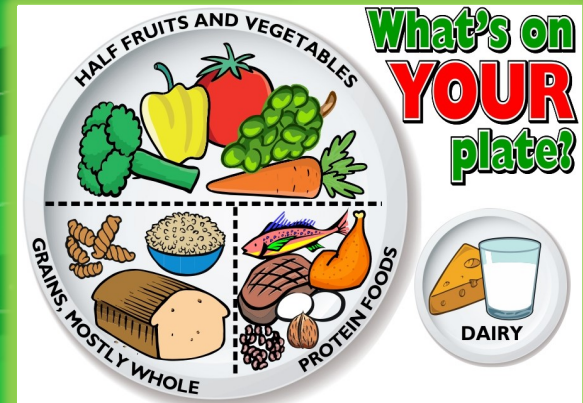
Secondary Second Choice
Taco Salad
Lentil Taco Meat/Lentils
WGR Tortilla/Tortilla Chips
Fruit

Friday, March 14

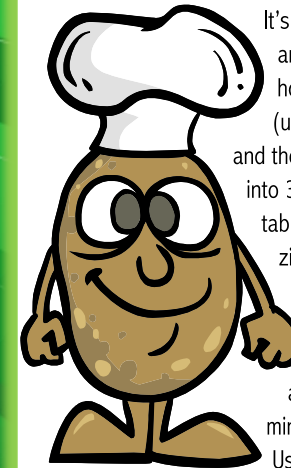
Breakfast
Pancakes with Syrup
Fruit

Lunch
Baked Cajun Fish
Red Rice
Local Vegetables
Corn
Flavored Milk
Fruit

Secondary Second Choice
Breaded Chicken Bowl
with Mashed Potatoes & Gravy
Corn
WGR Roll
Fruit



HEALTHY SPUDS!



It's easy and fun to make healthy and delicious "french fries" at home. Cut a medium potato (unpeeled) in quarters lengthwise, and then slice each quarter lengthwise into 3 or 4 fries. Toss with a tablespoon or two of olive oil in a zipped gallon bag, spread on a baking sheet (use parchment paper for easier clean up), sprinkle with salt and pepper, and bake at 425 for about 20 minutes or until desired crispness. Use 2 potatoes for every 3 people.

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

Monday, March 17

Breakfast

Assorted Cereal
Fruit

Lunch

Chicken Lo Mein
Carrots
Broccoli
Fruit

Tuesday, March 18

Breakfast

Grilled Ham
With Fried Rice
Fruit/Fruit Smoothie

Lunch

Chicken Burger
Green Salad with Cucumber
Carrots with Dressing
Fruit

Secondary Second Choice

Vegilicious Salad
Ham/Cheese
WGR Penne Pasta
Fruit

Wednesday, March 19

Breakfast

Sus Mac & Cheese
Fresh Fruit/Fruit Smoothie

Lunch

Grilled Ham Steak
Steamed Rice
Texas BBQ Beans
Carrots
Green Beans
Fruit

Secondary Second Choice

Chicken Pad Thai
Carrots
Green Beans
Fruit

Thursday, March 20

Breakfast

Sausage Links
Steamed Rice
Fruit/Fruit Smoothie

Lunch

Beef Lasagna
Garlic Cauliflower & Spinach
Fruit

Secondary Second Choice

Vegilicious Salad
Ham/Cheese
WGR Penne Pasta
Fruit

Friday, March 21

Breakfast

Pancakes with Syrup
Fruit

Lunch

Zesty Fish
Red Rice
Corn & Local Vegetables
Flavored Milk
Fruit

Secondary Second Choice

Korean Chicken Bowl
Steamed Rice
Corn & Local Vegetables
Fruit

Monday, March 24

**Covenant Day
Public Schools Closed**

Breakfast

Assorted Cereal
Fruit

Lunch

Buffalo Chicken Wrap
Corn Succotash
Fruit

Tuesday, March 25

Breakfast

Garlic Fried Rice
with Chicken Nuggets
Fruit/Fruit Smoothie

Lunch

Sloppy Joes
Broccoli
Sweet Potato Fries
Fruit

Secondary Second Choice

Taco Salad
Lentil Taco Meat/Lentils
WGR Tortilla/Tortilla Chips
Fruit

Wednesday, March 26

Breakfast

Toasted Ham & Cheese
Fruit/Fruit Smoothie

Lunch

Pork Curry
Steamed Rice
Potatoes
Carrots
Fruit

Secondary Second Choice

Chicken Pancit Canton
Carrots & Cabbage
Fruit

Thursday, March 27

Breakfast

Sausage Links
Steamed Rice
Fruit/Fruit Smoothie

Lunch

Pepperoni Pizza
Green Salad with Cucumbers
& Dressing
Lentils
Fruit

Secondary Second Choice

Taco Salad
Lentil Taco Meat/Lentils
WGR Tortilla/Tortilla Chips
Fruit

Friday, March 28

Breakfast

Pancakes with Syrup
Fruit

Lunch

Baked Cajun Fish
Steamed Rice
Pumpkin & Local Vegetables
Flavored Milk
Fruit

Secondary Second Choice

Kimchi Fried Rice
w/ Chicken Bowl
Pumpkin & Local Vegetables
Fruit

Monday, March 31

Breakfast

Assorted Cereal
Fruit

Lunch

Thai Beef Noodle Bowl
Red Bell Peppers
Mixed Vegetables
Fruit

**Get out your
Ghillies!**

Traditional Irish dancers wear colorful outfits and either hard dance shoes ("jig shoes") or soft dance shoes ("ghillies").



**St. Patrick's Day
March 17**



**FROZEN
FOOD
SECTION**



Polar bears are the biggest bears in the world -- a big male may weigh a ton or more! To keep that weight on in a harsh climate, polar bears will eat just about anything, but by far their favorite meals are ringed and bearded seals.

ANIMAL APPETITES

**START FRESH
WITH FRUIT!**

Every complete Breakfast@School must include a serving of fruit. That's putting **FIRST THINGS FIRST!**



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