

## Menus for March 2026

**CNMI Public School System,  
Child Nutrition Program**

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

**Happy St. Patrick's Day!**

## Spring Forward



## Sunday, March 8

## the quest for SCHOOL BREAKFAST

NATIONAL SCHOOL BREAKFAST WEEK  
MARCH 2-6, 2026

# Kids!

Join us March 2-6  
for  
National School  
Breakfast Week  
2026!

THE **QUOKKA**, A CAT-SIZED MARSUPIAL, CARRIES ITS BABIES IN A POUCH -- ONE OF THE REASONS IT'S OFTEN CALLED THE **CUTEST** ANIMAL IN THE WORLD! BUT CUTENESS IS IN THE EYE OF THE BEHOLDER. IN 1696, A DUTCH EXPLORER NAMED THE AUSTRALIAN ISLAND WHERE QUOKKAS LIVE "ROTTNEST" -- OR "BAT'S NEST" -- BECAUSE HE THOUGHT THE CUDDLY CRITTERS LOOKED LIKE OVERGROWN RODENTS!

STRANGE

BUT TRUE!

Wikimedia:  
Hesperian

### Monday, March 2

**Breakfast**  
Assorted Cereal  
Fruit

**Lunch**  
Chicken Teriyaki  
Steamed Rice  
Garlic Pacific Blend Vegetables  
Fresh Fruit

### Tuesday, March 3

**Breakfast**  
**\*Monte Cristo Sandwich\***  
Fruit/Fruit Smoothie

**Lunch**  
Marianas BBQ Burger  
Sandwich Sides  
Potato Wedges  
Taco Seasoned Lentils  
Fresh Fruit

**Secondary Second Choice**  
Taco Salad  
Taco Meat  
WGR Tortilla Chips  
Taco Seasoned Lentils  
Fresh Fruit

### Wednesday, March 4

**Breakfast**  
**\*Fruit Muffin\***  
**Bacon**  
Fresh Fruit/Fruit Smoothie

**Lunch**  
Beef Bulgogi  
Broccoli  
Carrots  
Steamed Rice  
Fresh Fruit

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

### Thursday, March 5

**Breakfast**  
Fried Rice w/ Portuguese Sausage  
Fruit/Fruit Smoothie

**Lunch**  
Spaghetti Bolognese  
WGR Roll  
Green Salad w/ Tomatoes  
& Dressing  
Fresh Fruit

**Secondary Second Choice**  
Taco Salad  
Taco Meat  
WGR Tortilla Chips  
Fresh Fruit

### Friday, March 6

**Breakfast**  
French Toast w/ Syrup  
Fruit

**Lunch**  
**Wahoo**  
Steamed Rice  
Sesame Broccoli  
Local Vegetables  
Flavored Milk  
Fresh Fruit

**Secondary Second Choice**  
Beef & Broccoli  
Steamed Rice  
Local Vegetables  
Fresh Fruit

## ★ OUR NATION'S HISTORY ★

On March 6, 1836, the Alamo Mission in San Antonio, Texas fell to army of General Santa Ana of Mexico. The Alamo, defended by fewer than 200 men against several thousand soldiers, had held out for 13 days.

★ WITH LIBERTY & JUSTICE FOR ALL ★

### Monday, March 9

**\*No Public School\***

**Breakfast**  
Assorted Cereal  
Fresh Fruit

**Lunch**  
Breaded Chicken w/ Gravy  
Mashed Potatoes  
Corn  
WGR Dinner Roll  
Fresh Fruit

### Tuesday, March 10

**Breakfast**  
Sausage  
Steamed Rice  
Fresh Fruit/Fruit Smoothie

**Lunch**  
Sub Sandwich on WGR Bun  
Green Salad w/ Tomatoes  
& Dressing  
Italian Bean Salad  
Fresh Fruit

**Secondary Second Choice**  
Chef Salad  
Ham & Boiled Egg  
WGR Cheesy Roll  
Italian Bean Salad  
Fresh Fruit

### Wednesday, March 11

**Breakfast**  
Toasted Ham & Cheese  
Fresh Fruit/Fruit Smoothie

**Lunch**  
Pork Ginger  
Steamed Rice  
Sesame Broccoli & Carrots  
Fresh Fruit

**Secondary Second Choice**  
Cheeseburger  
Sandwich Sides  
Sweet Potato Fries  
Fresh Fruit

### Thursday, March 12

**Breakfast**  
Garlic Fried Rice  
w/ Chicken Nuggets  
Fresh Fruit/Fruit Smoothie

**Lunch**  
Chicken Alfredo Penne Pasta  
Lemon Garlic Cauliflower & Carrots  
Fresh Fruit

**Secondary Second Choice**  
Chef Salad  
Ham & Boiled Egg  
WGR Cheesy Roll  
Fresh Fruit

### Friday, March 13

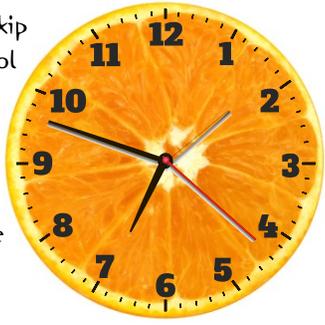
**Breakfast**  
Pancakes w/ Syrup  
Fruit

**Lunch**  
BBQ Chicken  
Red Rice  
Local Vegetables & Corn  
Flavored Milk  
Fresh Fruit

**Secondary Second Choice**  
Creole **Wahoo** Sandwich w/  
Spicy Remoulade Sauce  
Corn & Local Vegetables  
Fresh Fruit

# SQUEEZED FOR TIME?

Up to 30% of kids skip breakfast every school day. Even if your mornings are frantic, you'll feel better all day and do better in school, too, if you've had a balanced, nutritious breakfast!



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

**Monday, March 16**

**Breakfast**  
 Assorted Cereal  
 Fruit

**Lunch**  
 Honey Garlic Chicken Stir Fry  
 Steamed Rice  
 Carrots  
 Broccoli  
 Fresh Fruit

**Monday, March 17**

**Breakfast**  
 Grilled Ham w/ Fried Rice  
 Fresh Fruit/Fruit Smoothie

**Lunch**  
 Sloppy Joes  
 Sweet Potato Fries  
 Taco Seasoned Lentils  
 Fresh Fruit

**Secondary Second Choice**  
 Taco Salad  
 Taco Meat  
 WGR Tortilla Chips  
 Taco Seasoned Lentils  
 Fresh Fruit

**Wednesday, March 18**

**Breakfast**  
 Grilled Cheese  
 Fresh Fruit/Fruit Smoothie

**Lunch**  
 Beef Steak w/ Green Peas and Onions  
 Red Rice  
 Carrots  
 Fresh Fruit

**Secondary Second Lunch**  
 Chicken Nuggets w/Dipping Sauce  
 Seasoned Potato Wedges  
 Honey Ginger Green Beans  
 WGR Dinner Roll  
 Fresh Fruit

**Thursday, March 19**

**Breakfast**  
 Fried Rice w/ Portuguese Sausage  
 Fresh Fruit/Fruit Smoothie

**Lunch**  
 Beef Lasagna  
 Garlic Cauliflower & Spinach  
 Fresh Fruit

**Secondary Second Choice**  
 Taco Salad  
 Taco Meat  
 WGR Tortilla Chips  
 Fresh Fruit

**Friday, March 20**

**Breakfast**  
 French Toast w/ Syrup  
 Fruit

**Lunch**  
**Wahoo**  
 Red Rice  
 Corn & Local Vegetables  
 Flavored Milk  
 Fresh Fruit

**Secondary Second Choice**  
 Korean Chicken Bowl  
 Steamed Rice  
 Corn & Local Vegetables  
 Fresh Fruit



# Boost your Burrito!

Burritos made at home or at a Mexican restaurant, should **ALWAYS INCLUDE BEANS!** These tasty little wonders are a nutritional powerhouse, brimming with fiber, protein, and nutrients. For good nutrition, skimp on the cheese and load up on the beans!



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 23**  
 \*No Public School\*

**Breakfast**  
 Assorted Cereal  
 Fresh Fruit

**Lunch**  
 Thai Beef Noodle Bowl  
 Red Bell Peppers  
 Mixed Vegetables  
 Fresh Fruit

**Tuesday, March 24**  
 \*Covenant Day\*  
 \*No Public School\*

**Breakfast**  
 Garlic Fried Rice w/ Chicken Nuggets  
 Fresh Fruit/Fruit Smoothie

**Lunch**  
 Chicken Burger  
 Green Salad w/ Cucumber  
 Carrots w/ Dressing  
 Fresh Fruit

**Wednesday, March 25**

**Breakfast**  
 Mac & Cheese 2.0  
 Fresh Fruit/Fruit Smoothie

**Lunch**  
 Pork Curry  
 Steamed Rice  
 Potatoes & Carrots  
 Fresh Fruit

**Secondary Second Choice**  
 Buffalo Chicken Sliders on WGR Dinner Roll  
 Corn Succotash  
 Fresh Fruit

**Thursday, March 26**

**Breakfast**  
 Ham & Egg Scramble  
 Steamed Rice  
 Fresh Fruit/Fruit Smoothie

**Lunch**  
 Pepperoni Pizza  
 Broccoli  
 Spanish Chickpeas  
 Fresh Fruit

**Secondary Second Choice**  
 Chicken Caesar Salad  
 WGR Garlic Bread & Croutons  
 Spanish Chickpeas  
 Fresh Fruit

**Friday, March 27**

**Breakfast**  
 Pancakes w/ Syrup  
 Fruit

**Lunch**  
**Wahoo**  
 Steamed Rice  
 Pumpkin & Local Vegetables  
 Flavored Milk  
 Fresh Fruit

**Secondary Second Choice**  
 Kimchee Fried Rice w/ Chicken Bowl  
 Pumpkin & Local Vegetables  
 Fresh Fruit

**Monday, March 30**  
 \*Holiday Break\*  
 \*No Public School\*

**Breakfast**  
 Assorted Cereal  
 Fruit

**Lunch**  
 Chicken Teriyaki  
 Steamed Rice  
 Garlic Pacific Blend Vegetables  
 Fresh Fruit

**Tuesday, March 31**  
 \*Holiday Break\*  
 \*No Public School\*

**Breakfast**  
 Fried Rice w/ Portuguese Sausage  
 Fresh Fruit

**Lunch**  
 Marianas BBQ Burger  
 Sandwich Sides  
 Potato Wedges  
 Taco Seasoned Lentils  
 Fresh Fruit

**Weird SCIENCE**

**Make a RUBBER EGG!**

**You'll Need:**

- ✓ a raw egg
- ✓ white vinegar
- ✓ a plastic container

- 1 Place the raw egg in the container and cover it with vinegar.
- 2 After 24 hours, gently prod the egg with your finger. Does it feel soft and elastic like rubber? (If not, replace the vinegar with fresh vinegar and wait another 24 hours.)
- 3 Congratulations! You have used the vinegar to "decalcify" the egg. The egg shell contains a substance called "calcium carbonate." The acid in the vinegar dissolves the calcium carbonate in the egg shell, and what's left is soft and flexible rather than hard and rigid. You've created a rubber egg!
- 4 Poke the egg (gently) with a fork until you pierce the shell and the yolk and white come out. The shell should look like a popped balloon!