

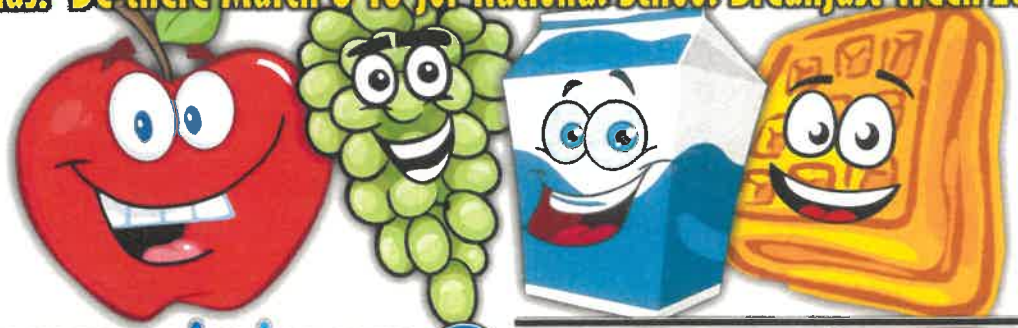
Menus for March 2023



Ganado Unified School District # 20

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

Kids! Be there March 6-10 for National School Breakfast Week 2023



come join us for Breakfast@School

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

Wednesday, March 1

Breakfast

Western Omelet
Quesadilla, Salsa,
Fruit Mix, Apple,
Choice of Milk

Lunch

Chicken Fajitas
Shred Lettuce, Tomato
WG Flour Tortillas
Chili Beans
Fresh Apple
Choice of Milk
HS,MS Alternate Choice

Thursday, March 2

Breakfast

WG Bagel, Cream
Cheese, Ham Slice,
Asst. Juice, Orange,
Choice of Milk

Lunch

Baked Chicken
Mashed Potato
Mixed Veggies
WG Lunch Roll
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Friday, March 3

Breakfast

French Toast, Syrup,
Cheese Sticks,
Fresh Apples, Juice,
Choice of Milk

Lunch

Sloppy Joe
French Fries
Baked Beans
Fruit Mix
Choice of Milk
HS, MS Alternate Choice



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

Pancakes, Syrup,
Ham Slice, Banana,
Apple Juice,
Choice of Milk

Lunch

Pepperoni Pizza
Romaine Salad
Carrot Sticks
Ranch Dressing
Fruit Mix
Choice of Milk
HS, MS Alternate Choice

Tuesday, March 7

Breakfast

Hot or Cold Cereal,
WG Toast, Jam,
Apple Cinnamon
Slices, Choice of Milk

Lunch

Green Chili Pozole
WG Flat Bread
Steamed Broccoli
Sliced Peaches
Choice of Milk
HS, MS Alternate Choice

Wednesday, March 8

Breakfast

Breakfast Burrito,
Salsa, Diced Pears,
Choice of Milk

Lunch

Sliced Ham
Sweet Potatoes
Green Beans
WG Dinner Roll
Fresh Apple
Choice of Milk
HS, MS Alternate Choice

Thursday, March 9

Breakfast

Breakfast Pizza, Cheese
Sticks, Orange Smiles,
Choice of Milk

Lunch

Spaghetti w/
Meat Sauce
Steamed Carrots
Celery Sticks
WG Bread Sticks
Fruited Gelatin
Choice of Milk
HS,MS Alternate Choice

Friday, March 10

Breakfast

English Muffin, Jam,
Scramble Egg w/ Ham,
Asst Juice, Apple,
Choice of Milk

Lunch

Chicken Nuggets
BBQ Sauce
WG Slice Bread
Romaine Salad
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice



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

Available Daily
 MONDAY: Grill Ham & Cheese
 TUESDAY: Cheese Burger
 WEDNESDAY: Corndogs
 THURSDAY: Pepperoni Pizza
 FRIDAY: Turkey Wrap
 (Menu are Subject to Change)

no Worries

last day of classes:
 Friday, March 10
 classes resume:
 Monday, March 20

SPRING BREAK

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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, March 20	Tuesday, March 21	Wednesday, March 22	Thursday, March 23	Friday, March 24
<p>Breakfast Hot or Cold Cereal, WG Toast w/Jam, Asst. Juice, Fresh Apples, Choice of Milk</p> <p>Lunch Pig N' Blanket Baked Beans French Fries Fresh Fruit Choice of Milk HS,MS Alternate Choice</p>	<p>Breakfast Egg Patty, Ham Slice, WG Biscuits, Asst. Juice, Orange Smiles, Choice of Milk</p> <p>Lunch Chicken Fajitas Shred Lettuce, Tomato WG Flour Tortillas Chili Beans Fresh Apple Assorted Milk HS,MS Alternate Choice</p>	<p>Breakfast Yellow Cornmeal, Granola Bar, Asst. Juice, Banana, Choice of Milk</p> <p>Lunch Frito Chili Pie Shred Lettuce/Tomato Shred Cheese Cut Corn Fresh Fruit Choice of Milk HS,MS Alternate Choice</p>	<p>Breakfast Breakfast Pizza, Cheese Sticks, Sliced Apple, Diced Peaches, Choice of Milk</p> <p>Lunch Salisbury Steak Mashed Potato WG Dinner Roll Steamed Corn Fresh Fruit Choice of Milk HS,MS Alternate Choice</p>	<p>Breakfast WG Biscuit, Sausage Gravy, Mixed Berries, Asst. Juice Choice of Milk</p> <p>Lunch WG Pepperoni Pizza Romaine Salad Ranch Dressing Carrot Sticks Fresh Fruit Choice of Milk HS,MS Alternate Choice</p>
Monday, March 27	Tuesday, March 28	Wednesday, March 29	Thursday, March 30	Friday, March 31
<p>Breakfast Egg & Ham Slice Sandwich, Fruit Cup, Apple Juice, Choice of Milk</p> <p>Lunch Chili Mac Green Beans WG Lunch Roll Fresh Fruit Choice of Milk HS, MS Alternate Choice</p>	<p>Breakfast Pancake, Syrup, Cheese Sticks, Fresh Apple, Choice of Milk</p> <p>Lunch Turkey Deli Wrap Green Leaf, Pasta Salad Celery Sticks Fresh Orange Choice of Milk HS, MS Alternate Choice</p>	<p>Breakfast Asst. Cold Cereal, Graham Crackers, Asst. Juice, Slice Apples, Choice of Milk</p> <p>Lunch Chicken Bowl WG Slice Bread Green Peas Fresh Fruit Assorted Milk HS,MS Alternate Choice</p>	<p>Breakfast Scrambles Eggs w/ Sausage, WG Toast, Jam, Fresh Banana Choice of Milk</p> <p>Lunch Beef Stew WG Cornbread Romaine Salad Ranch Dressing Fresh Orange Choice of Milk HS,MS Alternate Choice</p>	<p>Breakfast Breakfast Muffin, Asst. Yogurt, Fruit Mix, Choice of Milk</p> <p>Lunch Spaghetti Noodles w/Meat Sauce Green Beans WG Bread Stick Fresh Fruit Choice of Milk HS,MS Alternate Choice</p>