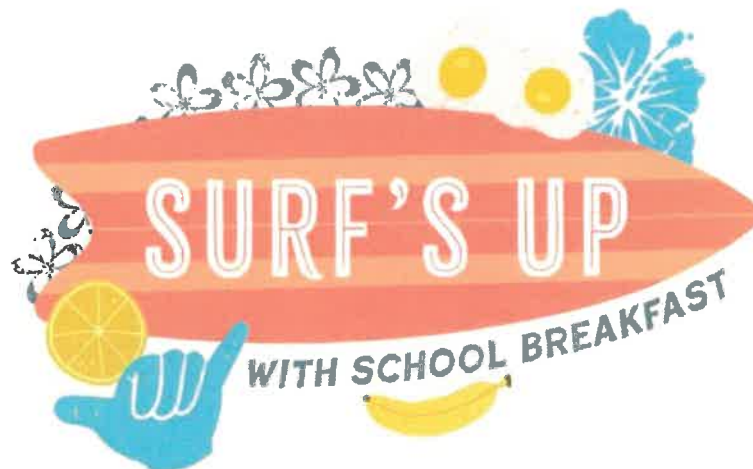


GANADO UNIFIED  
SCHOOL DISTRICT #20

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!**

**YOU'RE  
GOOD**



**ALL STUDENTS EAT ALL MEALS @  
NO COST ALL YEAR LONG**

GUSD SCHOOL DISTRICT NUTRITION SERVICES

**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**

Hot or Cold Cereal  
Wg Toast w/ Jam  
Asst. Juice, Banana  
Choice of Milk

**Lunch**

Beef Enchilada Bake  
Cilantro Lime Br. Rice  
Refried Beans  
Mexicali Corn  
Fruit Mix  
Choice of Milk  
HS, MS Alternate Choice

**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!



**ANIMAL APPETITES**

**Monday, March 4**

**Breakfast**

French Toast Sticks,  
Syrup, Sausage Patty,  
Fresh Banana,  
Choice of Milk

**Lunch**

Turkey Sub Sandwich  
Chicken Soup  
Carrot Sticks  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

**Tuesday, March 5**

**Breakfast**

Breakfast Burrito,  
Salsa,  
Assorted Juice  
Fresh Apple,  
Choice of Milk

**Lunch**

Pork Pozole  
WG Fry Bread  
Steamed Broccoli  
Fresh Fruit  
Choice of Milk  
HS, MS Alternate Choice

**Wednesday, March 6**

**Breakfast**

Yellow Cornmeal,  
Banana Muffin,  
Fresh Fruit,  
Choice of Milk

**Lunch**

Chicken Fajitas  
Shred Lettuce, Tomato  
Spanish Rice  
Ranch Beans  
Fresh Apple  
Choice of Milk  
HS,MS Alternate Choice

**Thursday, March 7**

**Breakfast**

Scrambles Eggs w/  
Sausage, WG Toast,  
Fresh Fruits  
Choice of Milk

**Lunch**

Spaghetti Noodles  
w/Meat Sauce  
Green Beans  
WG Bread Stick  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

**Friday, March 8**

**Breakfast**

Blueberry Muffin,  
Yogurt, Asst. Juice,  
Orange Smiles,  
Choice of Milk

**Lunch**

WG Pepperoni Pizza  
Romaine Salad  
Ranch Dressing  
Celery Sticks  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice



## Spring forward on March 10

Daylight Saving Time was first proposed in 1784 by Ben Franklin as a way to save money on candles!



# Now Appearing ... SPRING BREAK!

A FUN!FUN!FUN! PRODUCTION. STARRING YOU AND YOUR FRIENDS. SPECIAL LIMITED ENGAGEMENT.

Break begins at the end of classes:  
Friday, March 08

Classes resume:  
Monday, March 18

Monday, March 18

### **Breakfast**

Breakfast Taco, Salsa,  
Assorted Juice,  
Fresh Fruits,  
Choice of Milk

### **Lunch**

Chili Beans  
WG Cornbread  
Tossed Salad  
Ranch Dressing  
Mixed Berries  
Choice of Milk  
HS,MS Alternate Choice

Tuesday, March 19

### **Breakfast**

WG Pancakes,  
Sausage Links, Syrup,  
Cinn. Apples Slices,  
Choice of Milk

### **Lunch**

Chicken Nuggets  
WG Bread Sliced  
Romaine Salad  
Celery Sticks  
Fruited Gelatin  
Choice of Milk  
HS,MS Alternate Choice

Wednesday, March 20

### **Breakfast**

Hot or Cold Cereal,  
WG Graham Crackers  
Asst. Juice, Banana,  
Choice of Milk

### **Lunch**

Spaghetti Noodles  
w/Meat Sauce  
Green Beans  
WG Bread Stick  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

Thursday, March 21

### **Breakfast**

Cinnamon Rolls,  
Boiled Egg, Tater Tots,  
Fresh Fruits  
Choice of Milk

### **Lunch**

Gr. Chili Chicken Soup  
WG Tortilla Chips  
Spanish Rice  
Steamed Broccoli  
Fresh Fruit  
Choice of Milk  
HS, MS Alternate Choice

Friday, March 22

### **Breakfast**

Blueberry Muffin,  
Assorted Yogurt,  
Banana,  
Choice of Milk

### **Lunch**

Frito Chili Pie  
Shred Lettuce/Tomato  
Shred Cheese  
Cut Corn  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

Monday, March 25

### **Breakfast**

Egg & Sausage  
Sandwich, Asst. Juice,  
Fresh Fruit  
Choice of Milk

### **Lunch**

Turkey Deli Wrap  
Green Leaf,  
Celery Sticks  
Pasta Salad  
Fresh Orange  
Choice of Milk  
HS, MS Alternate Choice

Tuesday, March 26

### **Breakfast**

Cream of Wheat, WG  
Toast, Jelly, Asst.  
Sliced Peaches  
Choice of Milk

### **Lunch**

Chicken Sandwich  
Gr Leaf, Tomato  
Carrot Sticks  
Pasta Salad  
Fresh Fruit  
Choice of Milk  
HS, MS Alternate Choice

Wednesday, March 27

### **Breakfast**

Western Omelet  
Quesadilla, Salsa  
Fresh Banana,  
Choice of Milk

### **Lunch**

Bean Burrito  
Mexicali Corn  
Romaine Salad  
Fresh Fruit  
Salsa  
Choice of Milk  
HS,MS Alternate Choice

Thursday, March 28

### **Breakfast**

Banana Muffin,  
Asst. Yogurt,  
Fresh Oranges  
Choice of Milk

### **Lunch**

Grilled Cheese Sand.  
Tomato Soup  
Celery Sticks  
Fresh Fries  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

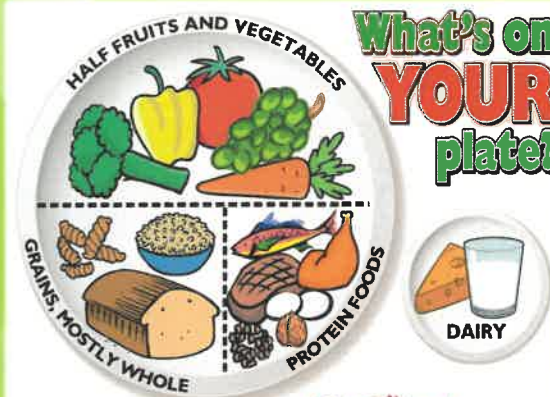
Friday, March 29

### **Breakfast**

Baked French Toast,  
Syrup, Sausage Patty,  
Applesauce  
Choice of Milk

### **Lunch**

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



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

Available Daily

**Monday: Corndogs**  
**Tuesday: Beef Tacos**  
**Wednesday: Hamburger**  
**Thursday: Bean Burrito**  
**Friday: Cooks Choice**  
**Menu are Subject to Change**