

Ganado Unified School District 20
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!**



Don't forget to
set your clocks
forward one hour
on Sunday,
March 9!

Monday, March 3

Breakfast

Blue Corn Mush,
Sausage Patty,
Fresh Fruit,
Choice of Milk

Lunch

Green Chili Pozole
WG Flour Tortilla
Romaine Salad
Ranch Dressing
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Tuesday, March 4

Breakfast

Cold Cereal,
WG Toast, Jelly,
Fresh Banana,
Choice of Milk

Lunch

Hamburger Gravy
Mashed Potato
Steamed Broccoli
WG Dinner Roll
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Wednesday, March 5

Breakfast

Toasted English
Muffin, Hash Brown
Casserole, Fruits,
Choice of Milk

Lunch

Sweet/Sour
Chicken Stir Fry
Seasoned Brown Rice
Green Beans
Parsley Carrots
Choice of Milk
HS,MS Alternate Choice

Thursday, March 6

Breakfast

WG Breakfast Pizza,
Apple Juice
Fresh Fruit
Choice of Milk

Lunch

Chicken Fajitas
Black Beans
Shred Lettuce/Tomato
Salsa
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

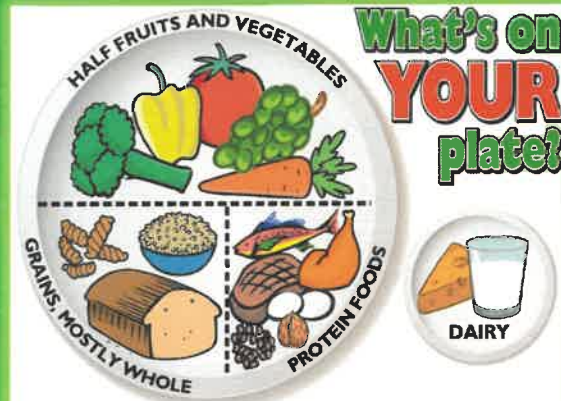
Friday, March 7

Breakfast

WG Pancake
Sausage Patty,
Syrup
Fresh Fruit

Lunch

Meat Lasagna
Garlic Toast
Romaine Salad
Hot Mix Veggies
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice



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



Break begin at end of Class
Friday 3/7/2025

Classes resume:
Monday, March 17, 2025

I am the letter

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Monday, March 17

Breakfast

Sausage Gravy over
WG Biscuits,
Fresh Fruit
Choice of Milk

Lunch

Pig N Blanket
French Fries
Celery Sticks
Sugar Cookie
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Tuesday, March 18

Breakfast

Blue Corn Mush,
Boiled Egg,
Juice, Fresh Fruit,
Choice of Milk

Lunch

Bean Burrito
Mild Salsa
Spanish Rice
Mexicali Corn
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Wednesday, March 19

Breakfast

PB Jelly Sandwich
Hot Cereal,
Fresh Fruit
Choice of Milk

Lunch

Turkey Wrap
Gr Leaf/Tomato
Celery Sticks
Steamed Carrots
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Thursday, March 20

Breakfast

Banana Muffin,
Assorted Yogurt
Fresh Fruit
Choice of Milk

Lunch

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

Friday, March 21

Breakfast

Cinnamon French
Toast, Syrup,
Fresh Oranges,
Choice of Milk

Lunch

Chicken Fajitas
Black Beans
Shred Lettuce/Tomato
Shred Cheese, Salsa
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Monday, March 24

Breakfast

WG Pancakes, Syrup,
Sausage Patty,
Banana
Choice of Milk

Lunch

Chicken Bowl
(Mashed Potato)
Dinner Roll
Green Beans
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Tuesday, March 25

Breakfast

Western Omelet
Quesadilla, Fresh Fruit,
Assorted Juice
Choice of Milk

Lunch

Native Taco w/
Fry Bread
Shred Lettuce, Tomato
Salsa, Celery Sticks
Fresh Fruits
Choice of Milk
HS,MS Alternate Choice

Wednesday, March 26

Breakfast

Cinn Rolls Or Wg Toast
Scramble Eggs,
Tater Tots, Fresh Fruit
Choice of Milk

Lunch

Chicken Nuggets
Steamed Carrots
Sliced Bread
BBQ Sauce
Fruit Mix
Choice of Milk
HS,MS Alternate Choice

Thursday, March 27

Breakfast

Blueberry Muffin,
Assorted Yogurt,
Fresh Fruit
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 28

Breakfast

WG Bagel, Cream
Cheese, Sausage Patty,
Fruit Cup
Choice of Milk

Lunch

Grilled Chicken
Sandwich on Wg Bun
Gr Leaf/Tomato Slice
Sweet Potato Fries
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Monday, March 31

Breakfast

Egg & Sausage
Sandwich, Fresh Fruit
Assorted Juice,
Choice of Milk

Lunch

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

YOU'RE GOOD
ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG



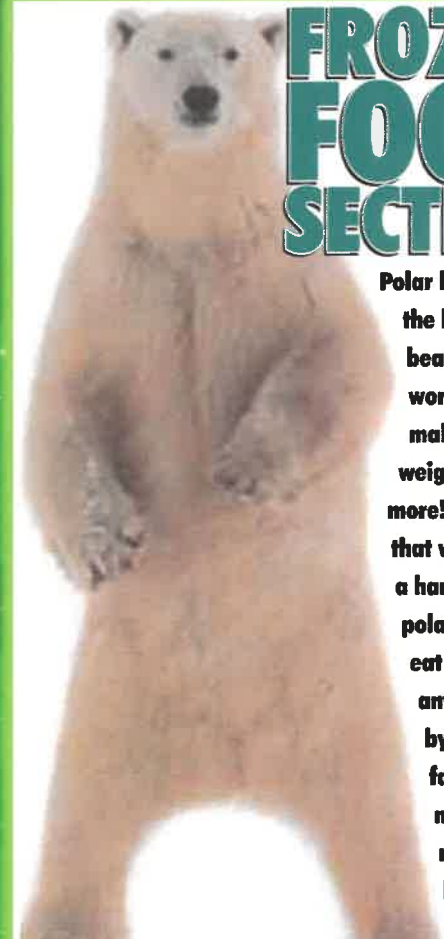
Ganado Unified School District: NUTRITION SERVICES

Available Daily
@ Middle & High School

Monday: BBQ Pork
Tuesday: Pepperoni Pizza
Wednesday: Corndogs
Thursday: Bean Burrito
Friday: Grilled Ham/Cheese

Menu are Subject to Change

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!