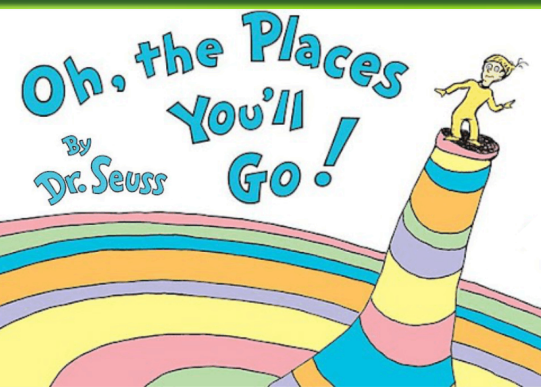


Roslyn Public Schools

# Menus for March 2024

*This institution is an  
equal  
opportunity provider  
and employer.*



March 2-6 is  
"Read Across America" Week

**Monday, March 4**

## Lunch

Choice of Sandwiches  
Turkey, Turkey  
& Cheese / Ham/Tuna/  
Egg Salad/Jelly Yogurt/  
Yogurt Parfait Jr. Salad  
w/ Tuna /Egg Salad/ or  
Turkey/ Cheese or Plain

French Toast & Egg  
Omelet  
Vegetable/  
Fruit/Milk

**Tuesday, March 5**

## Lunch

Choice of Sandwiches  
Turkey, Turkey  
& Cheese / Ham/Tuna/  
Egg Salad/ Jelly/ Yogurt/  
Yogurt Parfait Jr. Salad  
w/ Tuna /Egg Salad/ or  
Turkey/ Cheese or Plain

Popcorn Chicken Rice/  
Vegetable/  
Fruit/ Milk

**Wednesday, March 6**

## Lunch

Choice of Sandwiches  
Turkey, Turkey  
& Cheese / Ham/Tuna/  
Egg Salad/Jelly Yogurt/  
Yogurt Parfait Jr. Salad  
w/ Tuna /Egg Salad/ or  
Turkey/ Cheese or Plain

Plain Pasta or Pasta with  
Protein  
Vegetable  
Fruit/Milk

**Thursday, March 7**

## Lunch

Choice of Sandwiches  
Turkey, Turkey  
& Cheese / Ham/Tuna/  
Egg Salad/ Jelly/ Yogurt/  
Yogurt Parfait Jr. Salad  
w/ Tuna /Egg Salad/ or  
Turkey/ Cheese or Plain

Hamburger/  
Cheeseburger/French  
Fries /Vegetable  
Fruit/ Milk

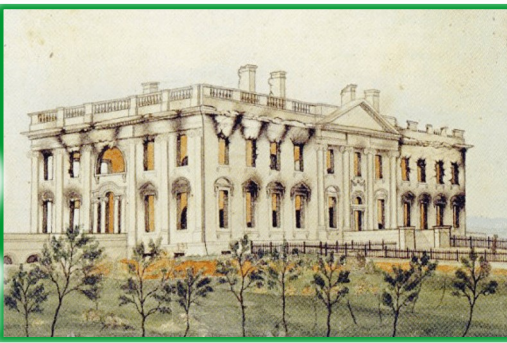
**Friday, March 8**

## Lunch

Choice of Sandwiches  
Turkey, Turkey  
& Cheese / Ham/Tuna/  
Egg Salad/Jelly Yogurt/  
Yogurt Parfait Jr. Salad  
w/ Tuna /Egg Salad/ or  
Turkey/ Cheese or Plain

Pizza  
Vegetable/ Fruit/Milk

# OUR NATION'S HISTORY

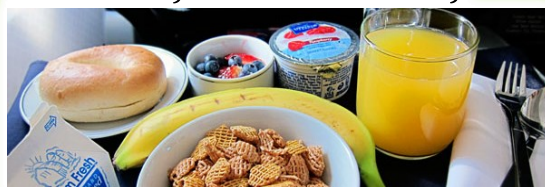


During the month that we celebrate St. Patrick's Day, it's interesting to note that an Irish-born architect (James Hoban) designed and oversaw the building of the White House in Washington, D.C. -- not just once, but twice! Hoban first built the original White House in the 1790's, and he then rebuilt it after the British burned out the building during the War of 1812, as pictured here.

# WITH LIBERTY & JUSTICE FOR ALL

## 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**

## Lunch

Choice of Sandwiches  
Turkey, Turkey  
& Cheese / Ham/Tuna/  
Egg Salad/Jelly Yogurt/  
Yogurt Parfait Jr. Salad  
w/ Tuna /Egg Salad/ or  
Turkey/ Cheese or Plain

Pizza  
Vegetable/ Fruit/Milk

## 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!**



**Monday, March 11**

**Lunch**

Choice of Sandwiches  
Turkey, Turkey  
& Cheese / Ham/Tuna/  
Egg Salad/Jelly Yogurt/  
Yogurt Parfait Jr. Salad  
w/ Tuna /Egg Salad/ or  
Turkey/ Cheese or Plain

Grilled Cheese  
Vegetable/  
Fruit/Milk

**Tuesday, March 12**

**Lunch**

Choice of Sandwiches  
Turkey, Turkey  
& Cheese / Ham/Tuna/  
Egg Salad/ Jelly/ Yogurt/  
Yogurt Parfait Jr. Salad  
w/ Tuna /Egg Salad/ or  
Turkey/ Cheese or Plain

Chicken Tenders Rice  
Vegetable  
Fruit/ Milk

**Wednesday, March**

**Lunch**

Choice of Sandwiches  
Turkey, Turkey  
& Cheese / Ham/Tuna/  
Egg Salad/Jelly Yogurt/  
Yogurt Parfait Jr. Salad  
w/ Tuna /Egg Salad/ or  
Turkey/ Cheese or Plain

Plain Pasta or Pasta with  
Protein  
Vegetable  
Fruit/Milk

**Thursday, March 14**

**Lunch**

Choice of Sandwiches  
Turkey, Turkey  
& Cheese / Ham/Tuna/  
Egg Salad/ Jelly/ Yogurt/  
Yogurt Parfait Jr. Salad  
w/ Tuna /Egg Salad/ or  
Turkey/ Cheese or Plain

Chicken Patty Rice  
Vegetable  
Fruit/ Milk

**Friday, March 15**

**Lunch**

Choice of Sandwiches  
Turkey, Turkey  
& Cheese / Ham/Tuna/  
Egg Salad/Jelly Yogurt/  
Yogurt Parfait Jr. Salad  
w/ Tuna /Egg Salad/ or  
Turkey/ Cheese or Plain

Pizza  
Vegetable/ Fruit/Milk

**Monday, March 18**

**Lunch**

Choice of Sandwiches  
Turkey, Turkey  
& Cheese / Ham/Tuna/  
Egg Salad/Jelly Yogurt/  
Yogurt Parfait Jr. Salad  
w/ Tuna /Egg Salad/ or  
Turkey/ Cheese or Plain

French Toast & Egg  
Omelet  
Vegetable/  
Fruit/Milk

**Tuesday, March 19**

**Lunch**

Choice of Sandwiches  
Turkey, Turkey  
& Cheese / Ham/Tuna/  
Egg Salad/ Jelly/ Yogurt/  
Yogurt Parfait Jr. Salad  
w/ Tuna /Egg Salad/ or  
Turkey/ Cheese or Plain

Popcorn Chicken Rice/  
Vegetable/  
Fruit/ Milk

**Wednesday March 20**

**Lunch**

Choice of Sandwiches  
Turkey, Turkey  
& Cheese / Ham/Tuna/  
Egg Salad/Jelly Yogurt/  
Yogurt Parfait Jr. Salad  
w/ Tuna /Egg Salad/ or  
Turkey/ Cheese or Plain

Plain Pasta or Pasta with  
Protein  
Vegetable  
Fruit/Milk

**Thursday, March 21**

**Lunch**

Choice of Sandwiches  
Turkey, Turkey  
& Cheese / Ham/Tuna/  
Egg Salad/ Jelly/ Yogurt/  
Yogurt Parfait Jr. Salad  
w/ Tuna /Egg Salad/ or  
Turkey/ Cheese or Plain

Chicken Patty Rice  
Vegetable  
Fruit/ Milk

**Friday, March 22**

**Lunch**

Choice of Sandwiches  
Turkey, Turkey  
& Cheese / Ham/Tuna/  
Egg Salad/Jelly Yogurt/  
Yogurt Parfait Jr. Salad  
w/ Tuna /Egg Salad/ or  
Turkey/ Cheese or Plain

Pizza  
Vegetable/ Fruit/Milk

**Monday, March 25**

**Lunch**

Choice of Sandwiches  
Turkey, Turkey  
& Cheese / Ham/Tuna/  
Egg Salad/Jelly Yogurt/  
Yogurt Parfait Jr. Salad  
w/ Tuna /Egg Salad/ or  
Turkey/ Cheese or Plain

Grilled Cheese  
Vegetable/  
Fruit/Milk

**Tuesday, March 26**

**Lunch**

Choice of Sandwiches  
Turkey, Turkey  
& Cheese / Ham/Tuna/  
Egg Salad/ Jelly/ Yogurt/  
Yogurt Parfait Jr. Salad  
w/ Tuna /Egg Salad/ or  
Turkey/ Cheese or Plain

Chicken Tenders Rice  
Vegetable  
Fruit/ Milk

**Wednesday March 27**

**Lunch**

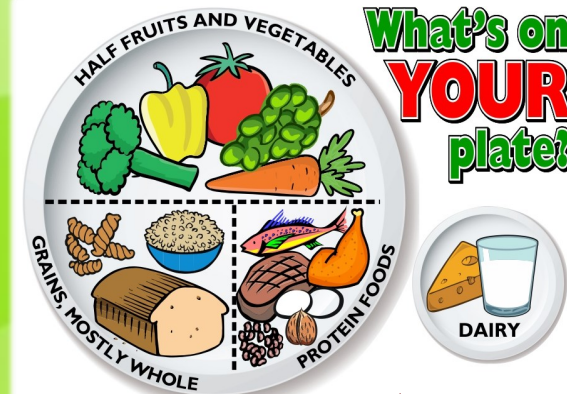
Choice of Sandwiches  
Turkey, Turkey  
& Cheese / Ham/Tuna/  
Egg Salad/Jelly Yogurt/  
Yogurt Parfait Jr. Salad  
w/ Tuna /Egg Salad/ or  
Turkey/ Cheese or Plain

Pizza  
Vegetable/ Fruit/Milk

**Thursday, March 28**



**Friday, March 29**



**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)**

**NUTRITION TO GO**

**Turns out Grandma was right:  
chicken soup IS good for a cold!  
Chicken soup helps to ease cold  
symptoms by breaking up congestion,  
keeping you hydrated, and even acting  
as an anti-inflammatory. The taste  
and aroma can be therapeutic, too!  
There’s no cure for a cold, but a  
piping hot bowl of soup can  
at least offer some relief.**

**A QUICK BITE FOR PARENTS**