

# MARCH 2021

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

## Monday, 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  
Vegetable/  
Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken Patty

## Tuesday, March 2

### 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  
Vegetable/ Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken Patty  
**Elementary**  
Ham/Cheeseburger /  
Chicken Patty

# Going green.

We're going green this month! Green for St. Patrick's Day. Green for healthy veggies. Green for the \$\$\$ you save with free school meals for all students through June 2021. And when you take advantage of our fantastic free food, you also help our meals program and our schools avoid the red!

**School Meals**  
*We serve education every day™*

## Wednesday, March 3

### 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  
Vegetable/  
Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty

## Thursday, 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  
Vegetable/ Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty  
**Elementary**  
Ham/Cheeseburger/  
Chicken Patty

## Friday, 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  
Vegetable/  
Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty

## Monday, 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  
Vegetable/  
Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty



The world-famous astrological clock has been spinning away in Prague, Czech Republic, for over 600 years. However your family keeps time, don't forget to set your clocks ahead one hour for Daylight Savings Time on Sunday, March 14!

## Tuesday, March 9

### Lunch

Choice of Sandwiches  
Turkey, Turkey & Cheese /  
Ham/Tuna/Egg Salad/Jelly/  
Yogurt/Yogurt Parfait Jr.  
Salad w/ Tuna /Egg Salad/or  
Turkey/ or Plain  
Vegetable/ Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken Patty  
**Elementary**  
Ham/Cheeseburger/  
Chicken Patty

## 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  
Vegetable/  
Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty

## Thursday, 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  
Vegetable/ Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty  
**Elementary**  
Ham/Cheeseburger/  
Chicken Patty

## Friday, 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  
Vegetable/  
Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty

MOST PEOPLE WHO TRAVEL TO IRELAND EXPECT TO SEE CASTLE RUINS AND QUIANT VILLAGES . . . BUT PALM TREES?! EVEN THOUGH IRELAND IS FARTHER NORTH THAN INTERNATIONAL FALLS, MINNESOTA OR CARIBOU, MAINE, IT SITS IN THE WARM WATERS OF THE GULF STREAM, WHICH KEEP THE ISLAND FROM GETTING TOO COLD AND ALLOW PALM TREES TO GROW. HAPPY ST. PATRICK'S DAY!

**STRANGE**  
**BUT TRUE!**



**Monday, 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  
Vegetable/  
Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty

**Tuesday, March 16**

**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  
Vegetable/ Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty  
**Elementary**  
Ham/Cheeseburger /  
Chicken Patty

**Wednesday, March 17**

**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  
Vegetable/  
Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty

**Thursday, 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  
Vegetable/ Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty  
**Elementary**  
Ham/Cheeseburger /  
Chicken Patty

**Monday, 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  
Vegetable/  
Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty

**Tuesday, March 23**

**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  
Vegetable/ Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty  
**Elementary**  
Ham/Cheeseburger /  
Chicken Patty

**Wednesday, March 24**

**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  
Vegetable/  
Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty

**Thursday, 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  
Vegetable/ Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty  
**Elementary**  
Ham/Cheeseburger /  
Chicken Patty

**Friday, 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  
Vegetable/  
Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty

**Friday, 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  
Vegetable/  
Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty



**What's on  
YOUR  
plate?**

# Superfood?!

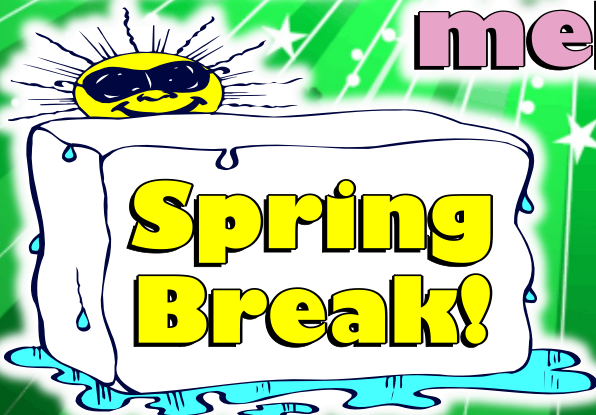
Did you know that Parsley is a vegetable? We mainly use it as a cooking herb or as garnish to make a plate look nice, but you'd do well to munch it rather than toss it out when you scrape your plate.



Parsley contains three times as much vitamin C as oranges, twice as much iron as spinach, and lots of vitamin A and minerals, too. Plus, chewing parsley helps prevent bad breath!

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)

# Watch the winter melt away!



**Break begins at the end of classes:  
Friday March 26th**

**Classes resume:  
Tuesday April 6th**

# The original value meal is more valuable than ever!

All of our complete meals are  
**NO CHARGE**  
for all students  
Through June 30, 2021.