

AMORY
HIGH SCHOOL

Menus for March 2024

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

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!**

Monday, March 4

Sloppy Joe
Cheeseburger
Chicken Tender
Salad
Baked Beans
French Fries
Fresh Fruit Bowl
Fruit Cocktail
Fresh Fruit
Jello
Milk

Tuesday, March 5

Beef Fingers
Hamburger
Chicken Tender
Salad
Sweet Potato
Fries
Tossed Salad w/
Dressing
Green Beans
Fresh Melon Cube
Fresh Fruit
Cake
Roll
Milk

Wednesday, March 6

BBQ on Bun
Nachos Grande
Chicken Tender
Salad
Pinto Beans
Coleslaw
Squash
Chilled Peaches
Fresh Fruit
Chocolate Chip
Cookie
Milk

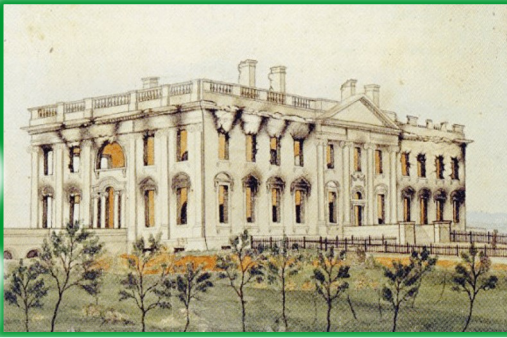
Thursday, March 7

Meat Lovers Pizza
Buffalo Tot Bake
Chicken Tender
Salad
Quick Baked
Potato
Green Beans
Garden Salad w/
Dressing
Applesauce
Fresh Fruit
Brownie
Roll
Milk

Friday, March 8

Salisbury Steak w/
Gravy
Buffalo Bites
Chicken Tender
Salad
Mashed Potatoes
w/Gravy
Black Eyed Peas
Applesauce
Fruit Cocktail
Roll
Milk

★ OUR NATION'S HISTORY ★



★ WITH LIBERTY & JUSTICE FOR ALL ★

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.

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!



Now Appeazing . . .

SPRING BREAK!

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

Break begins at the end of classes:

Friday, March 8

Classes resume:

Monday, March 18

Monday, March 18

BBQ Rib Sand.
Cheesy Chicken
over Rice
Chicken Tender
Salad
Sweet Potato
Fries
Whole Kernel
Corn
Creamy Coleslaw
Chilled Peaches
Oranges
Cookie
Milk

Tuesday, March 19

Bone in Wings
Cheeseburger
Chicken Tender
Salad
French Fries
Pinto Beans
Garden Salad w/
Dressing
Blushing Chilled
Pears
Fresh Fruit
Roll
Milk

Wednesday, March 20

Red Beans & Rice
Chicken Nuggets
Chicken Tender
Salad
Mashed Potatoes w/
Gravy
Green Beans
Tossed Salad w/
Dressing
Chilled Pears
Fresh Fruit
Chocolate Chip
Cookie
Roll
Milk

Thursday, March 21

Huntington Chicken
Spicy Chicken
Sandwich
Chicken Tender
Salad
Tossed Salad w/
Dressing
Whole Kernel Corn
Sweet Potato Fries
Strawberries
Fresh Fruit
Texas Toast
Milk

Friday, March 22

Buffalo Tot Bake
Hamburger
French Fries
Chicken Tender
Salad
Green Beans
Chilled Peaches
Fresh Fruit
Chocolate Chip
Cookie
Roll
Milk

Monday, March 25

Tater Tot
Casserole
Beef Tips over
Noodles
Chicken Tender
Salad
Black Eyed Peas
Quick Baked
Potato
Fresh Fruit
Strawberries
Cookies
Roll
Milk

Tuesday, March 26

Salisbury Steak w/
Gravy
Huntington
Chicken
Chicken Tender
Salad
Sweet Potato
Fries
Cheesy California
Veggies
Chilled Peaches
Fresh Fruit
Roll
Milk

Wednesday, March 27

TSO Chicken over
Rice
Corn Dog
Chicken Tender
Salad
Steamed Squash
Green Beans
Fruit Fiesta
Fresh Fruit
Roll
Milk

Thursday, March 28

BBQ on Bun
Nachos Grande
Chicken Tender
Salad
Tossed Salad w/
Dressing
Pinto Beans
Coleslaw
Squash
Chilled Peaches
Fresh Fruit
Chocolate Chip
Cookie
Milk

Friday, March 29

GOOD FRIDAY



**No
School
Today**



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

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

**Spring forward
on
March 10**

