

AMORY
MIDDLE 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

Pizza
Huntington
Chicken
Chef Salad
Whole Kernel
Corn
Green Peas
Applesauce
Roll
Milk

Tuesday, March 5

Soft Taco
Grilled Chicken
Sandwich
Chicken Tender
Salad
Sweet Potato
Fries
Refried Beans
Rice
Rosy Applesauce
Milk

Wednesday, March 6

BBQ Nachos
Ham & Cheese
Sandwich
Grilled Chicken
Salad
Quick Baked
Potato
Steamed Broccoli
Fresh Fruit
Milk

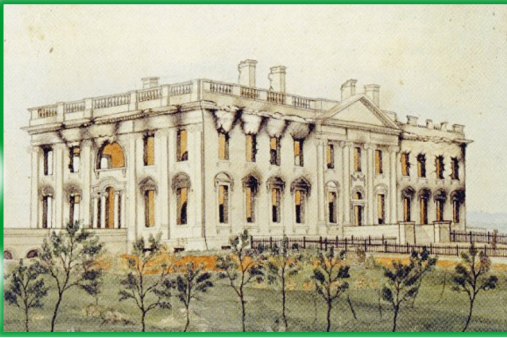
Thursday, March 7

Beef A Roni
Corn Dog Nuggets
Grilled Chicken
Salad
Tossed Salad w/
Dressing
Green Beans
Glazed Carrots
Blushing Pears
Fresh Apple
Garlic Toast
Milk

Friday, March 8

Hamburger
Turkey & Cheese
on Bun
Chips
Baked Beans
Vegetable Juice
Fresh Fruit
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.

Friday, March 1

Ham & Cheese
Sandwich
Turkey & Cheese
Sandwich
Chips
Vegetable Juice
Apple Slices
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!



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 8

Classes resume:
Monday, March 18

Monday, March 18

- Pizza
- Huntington Chicken
- Grilled Chicken Salad
- Whole Kernel Corn
- Green Peas
- Fruit Cocktail
- Roll
- Milk

Tuesday, March 19

- Mac & Cheese w/ Ham
- Corn Dog
- Green Beans
- Glazed Carrots
- Rosy Applesauce
- Roll
- Milk

Wednesday, March 20

- Chicken Nuggets
- Breaded Steak w/ Gravy
- Mashed Potatoes w/ Gravy
- Pinto Beans
- Fruit Cocktail
- Roll
- Milk

Thursday, March 21

- Nachos Grande
- Chicken Sandwich
- Grilled Chicken Salad
- Quick Baked Potato
- Lima Beans
- Pineapple
- Milk

Friday, March 22

- Hot Dog
- BBQ Sandwich
- French Fries
- Baked Beans
- Fruit Fiesta
- Milk

Monday, March 25

- Pizza
- Red Beans & Rice
- Grilled Chicken Salad
- Whole Kernel Corn
- Mixed Vegetables
- Peach Cup
- Milk

Tuesday, March 26

- Nachos Grande
- Grilled Chicken Sandwich
- Chef Salad
- Sweet Potato Fries
- Refried Beans
- Fresh Fruit
- Milk

Wednesday, March 27

- Chicken Nuggets
- Breaded Steak w/ Gravy
- Mashed Potatoes w/ Gravy
- Pinto Beans
- Fruit Cocktail
- Roll
- Milk

Thursday, March 28

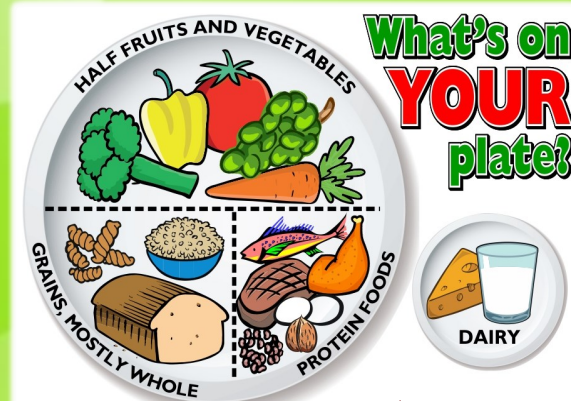
- Mac & Cheese w/ Ham
- Grilled Chicken Sandwich
- Chicken Tender Salad
- Green Beans
- Glazed Carrots
- Rosy Applesauce
- Roll
- Cookies
- Milk

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

