

WEST AMORY
ELEMENTARY 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

Stuff Crust Pizza
Personal Pan Pizza
Chicken Fajita
Tossed Salad w/
Dressing
Carrots w/ Dip
Whole Kernel Corn
Applesauce
Fresh Apple
Mandarin Fruit Cup
Milk

Tuesday, March 5

Mac & Cheese w/Ham
Chicken Sandwich
Spicy Chicken Sandwich
Chef Salad
Carrots w/ Dip
Steamed Broccoli
Vegetable Juice
Apple and
Orange Wedges
Chilled Peach Slices
Fruit Cocktail
Whole Wheat Roll
Milk

Wednesday, March 6

Chicken Nuggets
Lemon Pepper Baked
Chicken
Chef Salad
Mashed Potatoes
Green Beans
Seasoned Turnip Greens
Sweet Potato Fries
Frozen Strawberries
Fresh Banana
Chilled Blueberries
Whole Wheat Roll
Milk

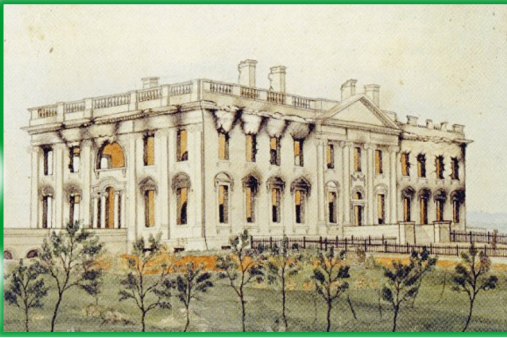
Thursday, March 7

Chicken Spaghetti
Ham & Cheese
Sandwich
Chicken Salad
Croissant
Carrots w/ Dip
Green Peas
Vegetable Juice
Apple Slices
Mandarin Cup
Whole Wheat Roll
Milk

Friday, March 8

BBQ Pork Sandwich
Stromboli Supreme
Corn Dog
Baked Beans
Whole Kernel Corn
Tossed Salad w/
Dressing
Apple Slices
Fresh Orange
Pineapple Tidbits
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

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

Stuff Crust Pizza
Personal Pan Pizza
Chicken Fajita
Tossed Salad w/
Dressing
Carrots w/ Dip
Whole Kernel Corn
Applesauce
Fresh Apple
Sliced Peaches
Milk

Tuesday, March 19

Soft Beef Taco
Chicken Quesadillas
Burrito w/Salsa
Chef Salad
Whole Kernel Corn
Refried Beans
Brown Rice
Tossed Salad w/
Dressing
Red Apple
Mandarin Oranges
Milk

Wednesday, March

Chicken Nuggets
Lemon Pepper Baked
Chicken
Chef Salad
Mashed Potatoes
Green Beans
Seasoned Turnip Greens
Sweet Potato Fries
Frozen Strawberries
Orange Smiles
Chilled Blueberries
Whole Grain Roll
Milk

Thursday, March 21

Huntington
Chicken
Hamburger
Chef Salad
French Fries
Green Peas
Broccoli w/cheese
Red Apple
Blushing Pears
Garlic Toast
Milk

Friday, March 22

BBQ Pork Sandwich
Ham & Cheese
Sandwich
Corn Dog
Baked Beans
Carrots w/Dip
Vegetable Juice
Pineapple Tidbits
Applesauce
Fresh Apple
Milk

Monday, March 25

Chicken Spaghetti
Ham & Cheese
Sandwich
Carrots w/Dip
Green Peas
Broccoli
Fruit Fiesta
Fresh Apple
Mandarin Orange
Cup
Garlic Toast
Milk

Tuesday, March 26

Mac & Cheese w/Ham
Chicken Sandwich
Spicy Chicken
Sandwich
Chef Salad
Carrots w/ Dip
Vegetable Juice
Chilled Peach Slices
Fruit Cocktail
Apple and Orange
Wedges
Whole Wheat Roll
Milk

Wednesday, March 27

Chicken Nuggets
Baked Lemon Pepper
Chicken
Chicken Salad Croissant
Sweet Potato Fries
Mashed Potatoes
Green Beans
Turnip Greens
Fresh Orange
Strawberry Cup
Apple Slices
Yeast Roll
Milk

Thursday, March 28

BBQ Pork Sandwich
Stromboli Supreme
Hot Dog
Baked Beans
Whole Kernel Corn
Tossed Salad w/
Dressing
Fresh Banana
Fresh Orange
Pineapple Tidbits
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**

