

**Menus for
March 2026**

**FSD5 Johnsonville Elementary
and PDCAP Headstart**

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

Happy St. Patrick's Day!

**Spring
Forward**

**Sunday,
March 8**

THE **QUOKKA**, A CAT-SIZED MARSUPIAL, CARRIES ITS BABIES IN A POUCH -- ONE OF THE REASONS IT'S OFTEN CALLED THE **CUTEST** ANIMAL IN THE WORLD! BUT CUTENESS IS IN THE EYE OF THE BEHOLDER. IN 1696, A DUTCH EXPLORER NAMED THE AUSTRALIAN ISLAND WHERE QUOKKAS LIVE "ROTTNEST" -- OR "**RAT'S NEST**" -- BECAUSE HE THOUGHT THE CUDDLY CRITTERS LOOKED LIKE OVERGROWN RODENTS!

**STRANGE
BUT TRUE!**

Wikimedia:
Hesperian



Monday, March 2

Breakfast
Breakfast Pizza
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham
Or
Pork BBQ Sandwich
Tater Tots
Lettuce / Tomato / Mayo
Fruit & Milk Choice

Tuesday, March 3

Breakfast
Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch
Southwest Salad w/ Chicken
Or
Beef Tacos
Pinto Beans
Let/Tom
Fruit & Milk Choice

Wednesday, March 4

Breakfast
French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham
Or
Steak & Gravy
Mashed Potatoes
Broccoli w/ Cheese
Roll
Fruit & Milk Choice

Thursday, March 5

Breakfast
Eggs & Grits or Cereal
Fruit, Juice, & Milk Choice

Lunch
Southwest Salad w/ Chicken
Or
Garlic Parm Wings
Mac n Cheese, Carrots w/
Ranch, Roll
Fruit & Milk Choice

Friday, March 6

Breakfast
Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham
Or
Pizza
Corn
Salad w/ Ranch
Fruit & Milk Choice

★ OUR NATION'S HISTORY ★

On March 6, 1836, the Alamo Mission in San Antonio, Texas fell to army of General Santa Ana of Mexico. The Alamo, defended by fewer than 200 men against several thousand soldiers, had held out for 13 days.

★ WITH LIBERTY & JUSTICE FOR ALL ★

Monday, March 9

Breakfast
Mini Waffles
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham
Or
Sloppy Joes on Bun
Fries, Celery Sticks
Fruit & Milk Choice

Tuesday, March 10

Breakfast
Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch
Southwest Salad w/ Chicken
Or
Mexican Pizza
Pinto Beans
Salad w/ Ranch
Fruit & Milk Choice

Wednesday, March 11

Breakfast
Pancake Pup
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham
Or
Beefy Macaroni
Corn
Salad w/ Ranch
Breadstick
Fruit & Milk Choice

Thursday, March 12

Breakfast
Biscuits and Gravy or Cereal
Fruit, Juice, & Milk Choice

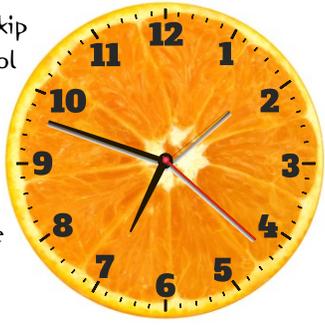
Lunch
Southwest Salad w/ Chicken
Or
Chicken Nuggets
Mac n Cheese
Salad w/ Ranch
Fruit & Milk Choice

Friday, March 13

No School
Teacher Work Day

SQUEEZED FOR TIME?

Up to 30% of kids skip breakfast every school day. Even if your mornings are frantic, you'll feel better all day and do better in school, too, if you've had a balanced, nutritious breakfast!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, March 16

Breakfast
 Breakfast Pizza
 Fruit, Juice, & Milk Choice

Lunch
 Chef Salad w/ Ham
 Or
 Cheeseburger
 Fries
 Lettuce / Tomato / Mayo
 Fruit & Milk Choice

Monday, March 17

Breakfast
 Mini Pancakes
 Fruit, Juice, & Milk Choice

Lunch
 Chef Salad w/ Ham
 Or
 Shepherd's Pie
 Mixed Vegetables
 Mashed Potatoes
 Roll
 Fruit & Milk Choice

Wednesday, March 18

Breakfast
 French Toast Sticks
 Fruit, Juice, & Milk Choice

Lunch
 Southwest Salad w/ Chicken
 Or
 Walking Taco
 Black Beans
 Salad w/ Ranch
 Fruit & Milk Choice

Thursday, March 19

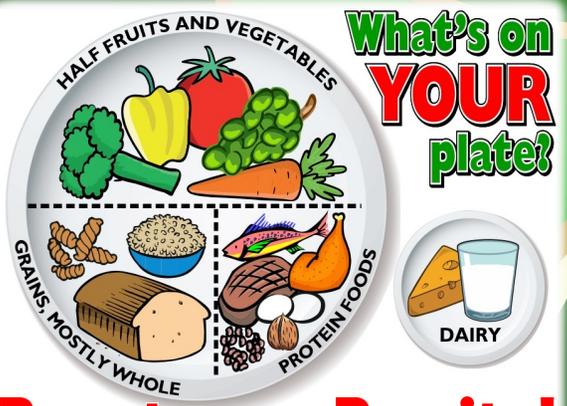
Breakfast
 Eggs & Grits or Cereal
 Fruit, Juice, & Milk Choice

Lunch
 Southwest Salad w/ Chicken
 Or
 Teriyaki Chicken w/ Rice
 Glazed Carrots,
 Celery Sticks, Roll
 Fruit & Milk Choice

Friday, March 20

Breakfast
 Cereal Bar or Cereal
 Fruit, Juice, & Milk Choice

Lunch
 Chef Salad w/ Ham
 Or
 Pizza
 Corn
 Salad w/ Ranch
 Fruit & Milk Choice



Boost your Burrito!

Burritos made at home or at a Mexican restaurant, should **ALWAYS INCLUDE BEANS!** These tasty little wonders are a nutritional powerhouse, brimming with fiber, protein, and nutrients. For good nutrition, skip on the cheese and load up on the beans!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, March 23

Breakfast
 Mini Waffles
 Fruit, Juice, & Milk Choice

Lunch
 Chef Salad w/ Ham
 Or
 Chicken Sandwich
 French Fries, Lettuce and
 Tomato
 Fruit & Milk Choice

Tuesday, March 24

Breakfast
 Sausage Biscuit
 Fruit, Juice, & Milk Choice

Lunch
 Southwest Salad w/ Chicken
 Or
 Mexican Pizza
 Pinto Beans
 Salad w/ Ranch
 Fruit & Milk Choice

Wednesday, March 25

Breakfast
 Pancake Pup
 Fruit, Juice, & Milk Choice

Lunch
 Chef Salad w/ Ham
 Or
 Spaghetti w Meat Sauce
 Green Beans
 Carrots w/ Ranch
 Breadsticks
 Fruit & Milk Choice

Thursday, March 26

Breakfast
 Biscuits and Gravy or Cereal
 Fruit, Juice, & Milk Choice

Lunch
 Southwest Salad w/ Chicken
 Or
 Fried Chicken
 Mac n Cheese,
 Green Beans,
 Fruit & Milk Choice

Friday, March 27

Breakfast
 Cereal Bar or Cereal
 Fruit, Juice, & Milk Choice

Lunch
 Chef Salad w/ Ham
 Or
 Hot Dog, Chili,
 French Fries, Beans
 Fruit & Milk Choice

Monday, March 30

Breakfast
 Breakfast Pizza
 Fruit, Juice, & Milk Choice

Lunch
 Chef Salad w/ Ham
 Or
 Cheeseburger
 Fries
 Lettuce / Tomato / Mayo
 Fruit & Milk Choice

Tuesday, March 31

Breakfast
 Mini Pancakes
 Fruit, Juice, & Milk Choice

Lunch
 Southwest Salad w/ Chicken
 Or
 Beef Tacos
 Pinto Beans
 Let/Tom
 Fruit & Milk Choice

Weird SCIENCE

Make a RUBBER EGG!

You'll Need:

- ✓ a raw egg
- ✓ white vinegar
- ✓ a plastic container

- 1 Place the raw egg in the container and cover it with vinegar.
- 2 After 24 hours, gently prod the egg with your finger. Does it feel soft and elastic like rubber? (If not, replace the vinegar with fresh vinegar and wait another 24 hours.)
- 3 Congratulations! You have used the vinegar to "decalcify" the egg. The egg shell contains a substance called "calcium carbonate." The acid in the vinegar dissolves the calcium carbonate in the egg shell, and what's left is soft and flexible rather than hard and rigid. You've created a rubber egg!
- 4 Poke the egg (gently) with a fork until you pierce the shell and the yolk and white come out. The shell should look like a popped balloon!