

FSD5 Johnsonville High School

menus for MARCH

2025

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

SOMETHING'S BURNING

Exercise for good health

You can burn about 500 calories an hour shoveling snow (or dirt). That's almost as many as you burn playing basketball or soccer. But don't forget to keep your back straight and let your legs do the work!



Don't forget to set your clocks forward one hour on Sunday, March 9!

Monday, March 3

Breakfast
Grits and Eggs
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham or Uncrustable or Cheeseburger
Sweet Potato Fries
Lettuce / Tomato / Mayo
Fruit & Milk Choice

Tuesday, March 4

Breakfast
Biscuits and Sausage Gravy
Fruit, Juice, & Milk Choice

Lunch
Southwest Salad w/ Chicken or Uncrustable or Mexican Pizza
Beans, Carrots
Fruit & Milk Choice

Wednesday, March 5

Breakfast
Grits and Eggs
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham or Uncrustable or Grilled Chicken and Mashed Potatoes, Carrot w Ranch
Mixed Vegetables Roll
Fruit & Milk Choice

Thursday, March 6

Breakfast
Biscuits and Sausage Gravy
Fruit, Juice, & Milk Choice

Lunch
Southwest Salad w/ Chicken or Uncrustable or Buffalo Wings
Green Beans, Tater Tots Roll
Fruit & Milk Choice

Friday, March 7

Breakfast
Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham or Uncrustable or Pizza or Manager's Choice
Corn, Sun Chips
Salad w/ Ranch
Fruit & Milk Choice

Monday, March 10

Breakfast
Grits and Eggs
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham or Uncrustable or Pork Chop Sandwich
Fries, Cucumber Slices
Fruit & Milk Choice

Tuesday, March 11

Breakfast
Biscuits and Sausage Gravy
Fruit, Juice, & Milk Choice

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

Wednesday, March 12

Breakfast
Grits and Eggs
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham or Uncrustable or Shrimp n Grits or Pork Carnitas and Grits
Mixed Vegetables Roll
Fruit & Milk Choice

Thursday, March 13

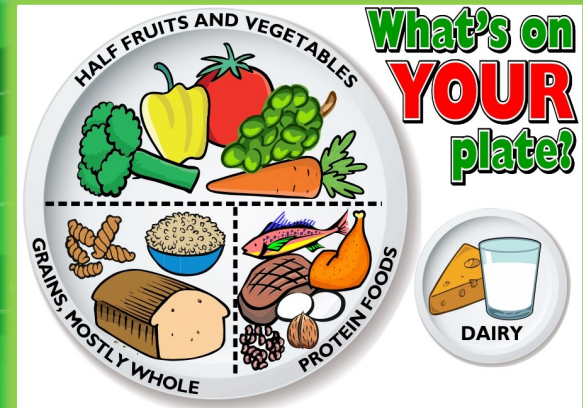
Breakfast
Biscuits and Sausage Gravy
Fruit, Juice, & Milk Choice

Lunch
Southwest Salad w/ Chicken or Uncrustable or Popcorn Chicken
Broccoli, Tater Tots Roll
Fruit & Milk Choice

Friday, March 14

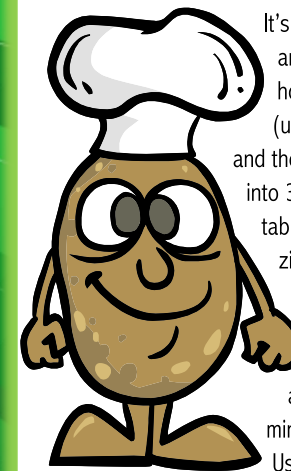
Breakfast
Chicken and Waffle Sandwich
Fruit, Juice, & Milk Choice

Lunch
Chef Salad w/ Ham or Uncrustable or Pizza or Manager's Choice
French Fries
Salad w/ Ranch
Fruit & Milk Choice



What's on YOUR plate?

HEALTHY SPUDS!



It's easy and fun to make healthy and delicious "french fries" at home. Cut a medium potato (unpeeled) in quarters lengthwise, and then slice each quarter lengthwise into 3 or 4 fries. Toss with a tablespoon or two of olive oil in a zipped gallon bag, spread on a baking sheet (use parchment paper for easier clean up), sprinkle with salt and pepper, and bake at 425 for about 20 minutes or until desired crispness. Use 2 potatoes for every 3 people.

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

Monday, March 17

Teacher Work Day

No School Today

Tuesday, March 18

Breakfast

Biscuits and Sausage Gravy
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
or Uncrustable or
Mexican Pizza
Pinto Beans
Salad w/ Ranch
Fruit & Milk Choice

Wednesday, March 19

Breakfast

Grits and Eggs
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
or Uncrustable or
Beef Stroganoff
Salad w Ranch, Corn
Roll
Fruit & Milk Choice

Thursday, March 20

Breakfast

Biscuits and Sausage Gravy
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
or Uncrustable or
Buffalo Nuggets Yams
Baby Carrots
Roll
Fruit & Milk Choice

Friday, March 21

Breakfast

Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
or Uncrustable or
Pizza or
Manager's Choice
French Fries
Salad w/ Ranch
Fruit & Milk Choice

Monday, March 24

Breakfast

Grits and Eggs
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
or Uncrustable or
Cheeseburger or
Fish Sandwich
Sweet Potato Fries
Lettuce / Tomato / Mayo
Fruit & Milk Choice

Tuesday, March 25

Breakfast

Biscuits and Sausage Gravy
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
or Uncrustable or
Beef Tacos or
Walking Tacos
Black Beans
Let/Tom
Fruit & Milk Choice

Wednesday, March 26

Breakfast

Grits and Eggs
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
or Uncrustable or
Steak and Gravy or
Chicken Caesar Wrap
Corn, Mashed Potatoes,
Salad w/ Ranch, Roll
Fruit & Milk Choice

Thursday, March 27

Breakfast

Biscuits and Sausage Gravy
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
or Uncrustable or
Garlic Parm Wings
Green Bean, Veggie Sticks,
Mac and Cheese,
Roll
Fruit & Milk Choice

Friday, March 28

Breakfast

Chicken and Waffle Sandwich
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
or Uncrustable or
Pizza or
Manager's Choice
Carrots w Ranch
Salad w/ Ranch
Fruit & Milk Choice

Monday, March 31

Breakfast

Grits and Eggs
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
or Uncrustable or
Cheeseburger
Sweet Potato Fries
Lettuce / Tomato / Mayo
Fruit & Milk Choice

Get out your
Ghillies!

Traditional Irish
dancers wear
colorful outfits and
either hard dance
shoes ("jig shoes")
or soft dance
shoes ("ghillies").



St. Patrick's Day
March 17



FROZEN FOOD SECTION



Polar bears are the biggest bears in the world -- a big male may weigh a ton or more! To keep that weight on in a harsh climate, polar bears will eat just about anything, but by far their favorite meals are ringed and bearded seals.

ANIMAL APPETITES

START FRESH WITH FRUIT!

Every complete Breakfast@School must include a serving of fruit. That's putting FIRST THINGS FIRST!



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