

FSD5 Johnsonville Elementary and Middle, PDCAP Headstart

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!



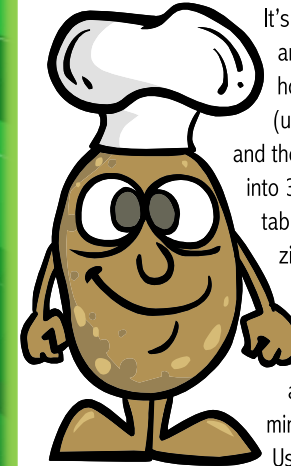
Don't forget to set your clocks forward one hour on Sunday, March 9!

Monday, March 3	Tuesday, March 4	Wednesday, March 5	Thursday, March 6	Friday, March 7
Breakfast Blueberry Muffin Fruit, Juice, & Milk Choice	Breakfast Sausage Biscuit Fruit, Juice, & Milk Choice	Breakfast Pop Tart and Yogurt Fruit, Juice, & Milk Choice	Breakfast Breakfast Pizza Fruit, Juice, & Milk Choice	Breakfast Cereal Bar or Cereal Fruit, Juice, & Milk Choice
Lunch Chef Salad w/ Ham Or Grilled Cheese Chicken Noodle Soup Veggie Sticks w/ Ranch Fruit & Milk Choice	Lunch Southwest Salad w/ Chicken Or Beef Tacos Pinto Beans Let/Tom Fruit & Milk Choice	Lunch Chef Salad w/ Ham Or Shepherd's Pie Mixed Vegetables Mashed Potatoes Roll Fruit & Milk Choice	Lunch Southwest Salad w/ Chicken Or BBQ Pork on a Bun Broccoli w/ Cheese Waffle Fries, Coleslaw Fruit & Milk Choice	Lunch Chef Salad w/ Ham Or Pizza Corn Salad w/ Ranch Fruit & Milk Choice

Monday, March 10	Tuesday, March 11	Wednesday, March 12	Thursday, March 13	Friday, March 14
Breakfast Cinnamon Roll Fruit, Juice, & Milk Choice	Breakfast Mini Pancakes Fruit, Juice, & Milk Choice	Breakfast Pancake Pup Fruit, Juice, & Milk Choice	Breakfast French Toast Sticks Fruit, Juice, & Milk Choice	Breakfast Cereal Bar or Cereal Fruit, Juice, & Milk Choice
Lunch Chef Salad w/ Ham Or Grilled Cheese Beef and Bean Chili Carrots w/ Ranch Fruit & Milk Choice	Lunch Southwest Salad w/ Chicken Or Mexican Pizza Pinto Beans Salad w/ Ranch Fruit & Milk Choice	Lunch Chef Salad w/ Ham Or Beefy Macaroni Corn Salad w/ Ranch Breadstick Fruit & Milk Choice	Lunch Southwest Salad w/ Chicken Or Ham and Cheese Croissant Carrots w/ Ranch Sweet Potato Fries Fruit & Milk Choice	Lunch Chef Salad w/ Ham Or Grilled Chicken Sandwich French Fries, Lettuce and Tomato Fruit & Milk Choice



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

Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch

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

Wednesday, March 19

Breakfast

Pop Tart and Yogurt
Fruit, Juice, & Milk Choice

Lunch

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

Thursday, March 20

Breakfast

Breakfast Pizza
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Chicken Nuggets
Broccoli w/ Cheese
Roll
Fruit & Milk Choice

Friday, March 21

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

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

Monday, March 24

Breakfast

Cinnamon Roll
Fruit, Juice, & Milk Choice

Lunch

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

Tuesday, March 25

Breakfast

Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch

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

Wednesday, March 26

Breakfast

Pancake Pup
Fruit, Juice, & Milk Choice

Lunch

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

Thursday, March 27

Breakfast

French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch

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

Friday, March 28

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Manager's Choice
w/
Fruit & Milk Choice

Monday, March 31

Breakfast

Blueberry Muffin
Fruit, Juice, & Milk Choice

Lunch

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

Get out your
Ghillies!

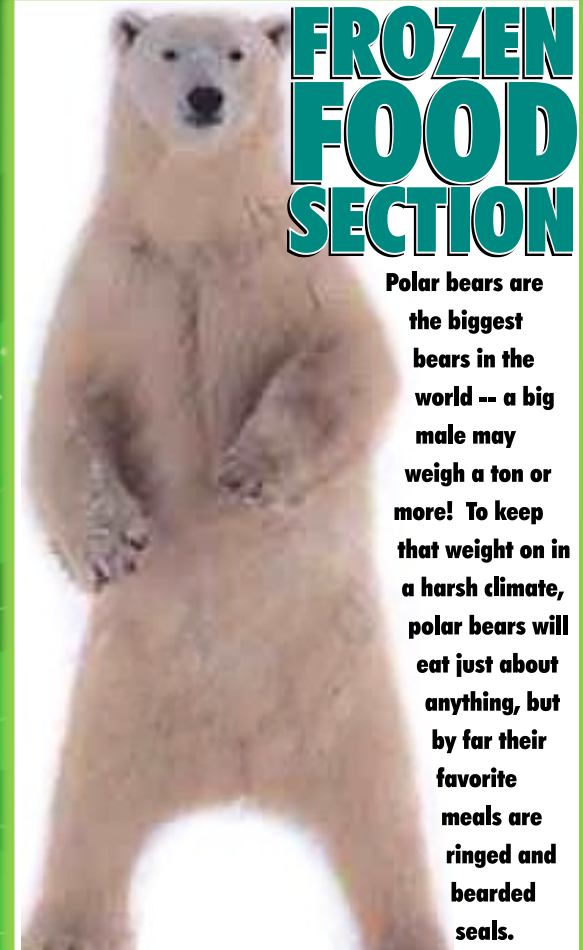
Traditional Irish dancers wear colorful outfits and either hard dance shoes ("jig shoes") or soft dance shoes ("ghillies").



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!