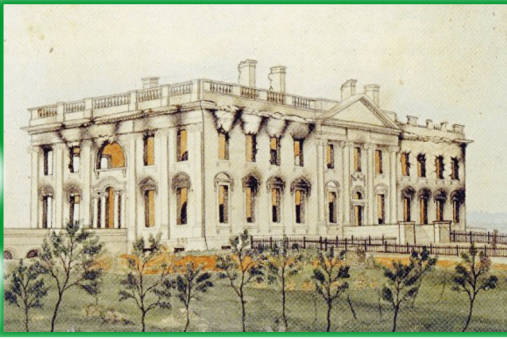


Florence School District Five
and PDCAP Headstart

MENUS FOR MARCH 2024

This institution is an equal
opportunity provider
and employer.

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.

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

Florence County School District 5 Nutrition Services

NUTRITION TO GO

Turns out Grandma was right: chicken soup IS good for a cold! Chicken soup helps to ease cold symptoms by breaking up congestion, keeping you hydrated, and even acting as an anti-inflammatory. The taste and aroma can be therapeutic, too! There's no cure for a cold, but a piping hot bowl of soup can at least offer some relief.

A QUICK BITE FOR PARENTS

Friday, March 1

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

Lunch
Salad
Or
Corn Dog
Smile Potatoes
Beans
Fruit & Milk Choice

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!

Monday, March 4

Breakfast
Blueberry Muffin
Fruit, Juice, & Milk Choice

Lunch
Salad
Or
Chicken Nuggets
Green Beans
Yams, Roll
Fruit & Milk Choice

Tuesday, March 5

Breakfast
Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch
Salad
Or
Hamburger
Lettuce / Tomato,
French Fries,
Fruit & Milk Choice

Wednesday, March 6

Breakfast
French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch
Salad
Or
Shepherd's Pie
Mashed Potatoes
Mix Vegetables
Roll
Fruit & Milk Choice

Thursday, March 7

Breakfast
Pancake Pup
Fruit, Juice, & Milk Choice

Lunch
Salad
Or
Sausage Biscuit
Tomato Slices
Cheese Grits
Fruit & Milk Choice
Vegetable Juice

Friday, March 8

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

Lunch
Salad
Or
Turkey & Cheese Croissant
Beans
Chips
Lettuce / Tomato / Mayo
Carrots w/ Ranch
Fruit & Milk Choice



ANIMAL APPETITES

Monday, March 11

Breakfast

Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch

Salad
Or
Chicken Nuggets
Mac & Cheese
Green Beans
Carrots w/ Ranch
Fruit & Milk Choice

Tuesday, March 12

Breakfast

Breakfast Pizza,
Fruit, Juice, & Milk Choice

Lunch

Salad
Or
BBQ Pork on Bun
Beans
Cole Slaw
Fruit & Milk Choice

Wednesday, March 13

Breakfast

Pop Tart and Yogurt
Fruit, Juice, & Milk Choice

Lunch

Salad
Or
Beefy Macaroni
Steamed Broccoli
Carrots w/ Ranch
Roll
Fruit & Milk Choice

Thursday, March 14

Breakfast

Mini Waffles,
Fruit, Juice, & Milk Choice

Lunch

Salad
Or
Chicken Patty
Mashed Potatoes
Pinto Beans
Roll
Fruit & Milk Choice

Friday, March 15



**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

Monday, March 18

Breakfast

Blueberry Muffin
Fruit, Juice, & Milk Choice

Lunch

Salad
Or
Teriyaki Chicken w/ Rice
Broccoli
Glazed Carrots
Roll
Fruit & Milk Choice

Tuesday, March 19

Breakfast

Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch

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

Wednesday, March 20

Breakfast

French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch

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

Thursday, March 21

Breakfast

Pancake Pup
Fruit, Juice, & Milk Choice

Lunch

Salad
Or
Chicken Nuggets
Green Beans
Yams
Fruit & Milk Choice

Friday, March 22

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Salad
Or
Hot Dog
French Fries
Pinto Beans
Fruit & Milk Choice

Monday, March 25

Breakfast

Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch

Salad
Or
Beef Stroganoff
Salad w/ Ranch
Corn
Bosco Stick
Fruit & Milk Choice

Tuesday, March 26

Breakfast

Breakfast Pizza,
Fruit, Juice, & Milk Choice

Lunch

Salad
Or
Hamburger
Lettuce / Tomato,
French Fries,
Fruit & Milk Choice

Wednesday, March 27

Breakfast

Pop Tart and Yogurt
Fruit, Juice, & Milk Choice

Lunch

Salad
Or
Chicken Noodle Soup
Bosco Stick
Mixed Vegetables
Salad w/ Ranch
Fruit & Milk Choice

Thursday, March 28

Breakfast

Mini Waffles,
Fruit, Juice, & Milk Choice

Lunch

Salad
Or
Chicken Filet Sandwich
Lettuce / Tomato / Mayo
Waffle Fries
Fruit & Milk Choice



Daylight Saving Time was first proposed by Benjamin Franklin in 1784, as a way to save money on candles!

**Spring forward
on
March 10**

