

# Menus for March 2023



**FLORENCE SCHOOL DISTRICT FIVE  
PDCAP JOHNSONVILLE HEADSTART**

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



## NATIONAL SCHOOL BREAKFAST WEEK



March 6-10, 2023

# YOU'RE GOOD



# ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

Wednesday, March 1	Thursday, March 2	Friday, March 3		
<p><b>Breakfast</b> French Toast Sticks Fruit, Juice, &amp; Milk Choice</p> <p><b>Lunch</b> Chef Salad w/ Ham Or Chicken Patty Mashed Potatoes Broccoli w/ Cheese Roll Fruit &amp; Milk Choice</p>	<p><b>Breakfast</b> Sausage Biscuit Fruit, Juice, &amp; Milk Choice</p> <p><b>Lunch</b> Southwest Salad w/ Chicken Or Calzone Beans Salad w/ Ranch Fruit &amp; Milk Choice</p>	<p><b>Breakfast</b> Cereal Fruit, Juice, &amp; Milk Choice</p> <p><b>Lunch</b> Chef Salad w/ Ham Or Turkey &amp; Cheese Croissant French Fries Lettuce / Tomato / Mayo Fruit &amp; Milk Choice</p>		
Monday, March 6	Tuesday, March 7	Wednesday, March 8	Thursday, March 9	Friday, March 10
<p><b>Breakfast</b> Blueberry Sticks Fruit, Juice, &amp; Milk Choice</p> <p><b>Lunch</b> Chef Salad w/ Ham Or Beefy Macaroni Corn Salad w/ Ranch Breadstick Fruit &amp; Milk Choice</p>	<p><b>Breakfast</b> Breakfast Pizza Fruit, Juice, &amp; Milk Choice</p> <p><b>Lunch</b> Southwest Salad w/ Chicken Or Chicken Nuggets Green Beans Yams Roll Fruit &amp; Milk Choice</p>	<p><b>Breakfast</b> Breakfast Sandwich Fruit, Juice, &amp; Milk Choice</p> <p><b>Lunch</b> Chef Salad w/ Ham Or Steak &amp; Gravy Mashed Potatoes Broccoli w/ Cheese Roll Fruit &amp; Milk Choice</p>	<p><b>Breakfast</b> Build Your Own Parfait Fruit, Juice, &amp; Milk Choice</p> <p><b>Lunch</b> Southwest Salad w/ Chicken Or BREAKFAST FOR LUNCH Grits / Sausage Biscuit Sliced Tomatoes Fruit &amp; Milk Choice</p>	<p><b>Breakfast</b> Cereal Bars Fruit, Juice, &amp; Milk Choice</p> <p><b>Lunch</b> Chef Salad w/ Ham Or Corn Dog Chips Beans Carrots w/ Ranch Fruit &amp; Milk Choice</p>

# DON'T GET!

To make a lunch, choose at least one

**Fruit/Juice**

or

**Veggie**

**Grains**

**Milk**

**Protein**

and 3-5 items total

**Fruit/Juice**

**Vegetables**

FSD5 FOOD SERVICES

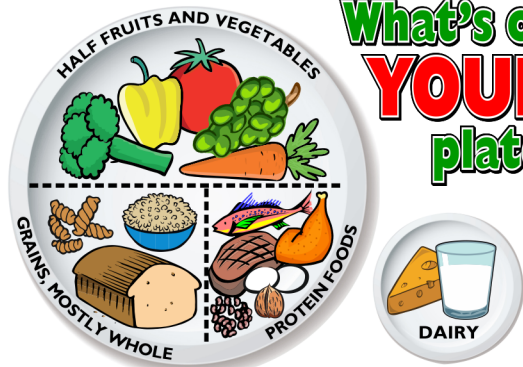
# BARNYARD MANNERS



When a rooster finds something good to eat in the course of making his rounds, he will often call his flock over to eat first before he eats. He even has a special call to let the hens know that he has found

something tasty. So the next time someone accuses you of having barnyard manners, tell them thanks!

## ANIMAL APPETITES



What's on **YOUR** plate?

**G**et a watch with a second hand, and then time yourself to see how long it takes you to find the **FOUR-LEAF CLOVER** in the puzzle!



People can eat clover (it's actually a good source of protein), but it's hard for us to digest. So how does clover figure into our diets? Well, some of the meat we eat comes from animals that eat a lot of clover, and clover is also a favorite source of nectar that bees turn into honey. Just because we don't eat something, that doesn't mean it's not important for us!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, March 13**

**NO SCHOOL**

**Tuesday, March 14**

**NO SCHOOL**  
**TEACHER WORKDAY**

**Wednesday, March 15**

**Breakfast**  
French Toast Sticks  
Fruit, Juice, & Milk Choice

**Lunch**  
Chef Salad w/ Ham  
Or  
BBQ Chicken  
Mashed Potatoes  
Broccoli w/ Cheese Roll  
Fruit & Milk Choice

**Thursday, March 16**

**Breakfast**  
Sausage Biscuit  
Fruit, Juice, & Milk Choice

**Lunch**  
Southwest Salad w/ Chicken  
Or  
Taco w/ Tostitos  
Pinto Beans  
Lettuce & Tomato  
Fruit & Milk Choice

**Friday, March 17**

**Breakfast**  
Cereal  
Fruit, Juice, & Milk Choice

**Lunch**  
Chef Salad w/ Ham  
Or  
Turkey & Cheese Wrap  
Lettuce & Tomato  
Carrots w/ Ranch  
Fruit & Milk Choice

**Monday, March 20**

**Breakfast**  
Pancakes  
Fruit, Juice, & Milk Choice

**Lunch**  
Chef Salad w/ Ham  
Or  
Chicken Sandwich  
Waffle Fries  
Lettuce & Tomato  
Fruit & Milk Choice

**Tuesday, March 21**

**Breakfast**  
Pop Tart & Yogurt  
Fruit, Juice, & Milk Choice

**Lunch**  
Southwest Salad w/ Chicken  
Or  
Hamburger  
French Fries  
Lettuce / Tomato / Mayo  
Fruit & Milk Choice

**Wednesday, March 22**

**Breakfast**  
Sausage Wrap  
Fruit, Juice, & Milk Choice

**Lunch**  
Chef Salad w/ Ham  
Or  
BBQ Sandwich  
Sweet Potato Fries  
Fresh Broccoli  
Fruit & Milk Choice

**Thursday, March 23**

**Breakfast**  
Breakfast Pizza  
Fruit, Juice, & Milk Choice

**Lunch**  
Southwest Salad w/ Chicken  
Or  
Shepherd's Pie  
Mixed Vegetables  
Roll  
Fruit & Milk Choice

**Friday, March 24**

**Breakfast**  
Cereal  
Fruit, Juice, & Milk Choice

**Lunch**  
Chef Salad w/ Ham  
Or  
Hot Dog w/ Chili  
Chips  
Beans  
Carrots w/ Ranch  
Fruit & Milk Choice

**Monday, March 27**

**Breakfast**  
Blueberry Muffin  
Fruit, Juice, & Milk Choice

**Lunch**  
Chef Salad w/ Ham  
Or  
Chicken Nuggets  
Macaroni & Cheese  
Green Beans  
Carrots w/ Ranch  
Roll  
Fruit & Milk Choice

**Tuesday, March 28**

**Breakfast**  
Pancake Pup  
Fruit, Juice, & Milk Choice

**Lunch**  
Southwest Salad w/ Chicken  
Or  
Calzone  
Beans  
Salad w/ Ranch  
Fruit & Milk Choice

**Wednesday, March 29**

**Breakfast**  
French Toast Sticks  
Fruit, Juice, & Milk Choice

**Lunch**  
Chef Salad w/ Ham  
Or  
Chicken Patty  
Mashed Potatoes  
Broccoli w/ Cheese  
Roll  
Fruit & Milk Choice

**Thursday, March 30**

**Breakfast**  
Sausage Biscuit  
Fruit, Juice, & Milk Choice

**Lunch**  
Southwest Salad w/ Chicken  
Or  
**BREAKFAST FOR LUNCH**  
Sausage  
Tater Tots  
Sliced Tomatoes  
Biscuit  
Fruit & Milk Choice

**Friday, March 31**

**Breakfast**  
Cereal  
Fruit, Juice, & Milk Choice

**Lunch**  
Chef Salad w/ Ham  
Or  
Turkey & Cheese Croissant  
French Fries  
Lettuce / Tomato / Mayo  
Fruit & Milk Choice