

St. Mary Parish School District

# MENUS FOR MARCH 2024

This institution is an equal  
opportunity provider  
and employer.

## MARCH IS NATIONAL NUTRITION MONTH



Monday, March 4

### Breakfast

Chocolate Chip Muffin Top  
Fruit Cocktail  
Juice  
Milk

### Lunch

Mandarin Orange Chicken  
Fried Rice  
Egg Roll  
Oriental Vegetables  
Broccoli  
Mixed Fruit  
Juice  
Milk

Tuesday, March 5

### Breakfast

Cinnamon Roll  
Pears  
Juice  
Milk

### Lunch

Hamburger Steak with Gravy  
Loaded Mashed Potatoes  
Carrot Coins  
Mixed Fruit  
Roll  
Juice  
Milk

Wednesday, March 6

### Breakfast

Sausage Biscuit  
Peaches  
Juice  
Milk

### Lunch

Baked Chicken  
White Beans  
Green Beans  
Applesauce  
Roll  
Juice  
Milk

Thursday, March 7

### Breakfast

Maple Waffle Chicken  
Sandwich  
Banana  
Juice  
Milk

### Lunch

Cheeseburger  
Sweet Potato Fries  
Lettuce/Pickle/Tomato  
Apple  
Juice  
Milk

Friday, March 8

### Breakfast

Toast  
Grits  
Pineapples  
Juice  
Milk

### Lunch

Shrimp Stew  
Cheese Stick  
Tossed Salad  
Corn  
Orange  
Roll  
Juice  
Milk

## FIRST THINGS FIRST!

This year, we've been telling you a lot about the educational and health benefits of eating a nutritious breakfast. Remember: kids can't do their best unless they're well fed in the morning!



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

## 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 11

**Breakfast**

Blueberry Waffle  
Peaches  
Juice  
Milk

**Lunch**

Chicken Tenders  
Loaded Mashed Potatoes  
Carrot Coins  
Mixed Fruit  
Roll  
Juice  
Milk

Tuesday, March 12

**Breakfast**

Cinnamon Roll  
Pears  
Juice  
Milk

**Lunch**

Mini Corn Dog Bites  
Green Beans  
Sweet Potato Fries  
Pineapples  
Juice  
Milk

Wednesday, March 13

**Breakfast**

Breakfast Pizza  
Fruit Cocktail  
Juice  
Milk

**Lunch**

Spaghetti with Meatballs  
Corn  
California Blend  
Pears  
Garlic Breadstick  
Juice  
Milk

Thursday, March 14

**Breakfast**

Sausage Biscuit  
Diced Peach Cup  
Juice  
Milk

**Lunch**

Hamburger  
Fries  
Lettuce/Tomato  
Pears  
Juice  
Milk

Friday, March 15

**Breakfast**

Dutch Waffle  
Applesauce  
Juice  
Milk

**Lunch**

Blackened Catfish  
White Beans and Rice  
Broccoli  
Frozen Strawberry Cup  
Roll  
Juice  
Milk

## 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**

Monday, March 18

**Breakfast**

Donut Holes  
Pears  
Juice  
Milk

**Lunch**

Chicken Fajitas  
Taco Salad  
Corn  
Taco Fiesta Beans  
Cheese Cup  
Peaches  
Juice  
Milk

Tuesday, March 19

**Breakfast**

Oatmeal  
Cinnamon Toast  
Diced Peach Cup  
Juice  
Milk

**Lunch**

Hamburger Steak with Gravy  
Mashed Potatoes  
Sweet Peas  
Applesauce  
Roll  
Juice  
Milk

Wednesday, March 20

**Breakfast**

Pancake on a Stick  
Apple Fruit Cup  
Juice  
Milk

**Lunch**

Chicken and Sausage Jambalaya  
Broccoli  
Mixed Vegetables  
Mandarin Oranges  
Cornbread  
Juice  
Milk

Thursday, March 21

**Breakfast**

Chicken Patty Biscuit  
Fruit Cocktail  
Juice  
Milk

**Lunch**

Pork Roast  
Candied Sweet Potatoes  
Smothered Cabbage  
Pears  
Roll  
Cake  
Juice  
Milk

Friday, March 22

**Breakfast**

Blueberry Muffin  
Mandarin Oranges  
Juice  
Milk

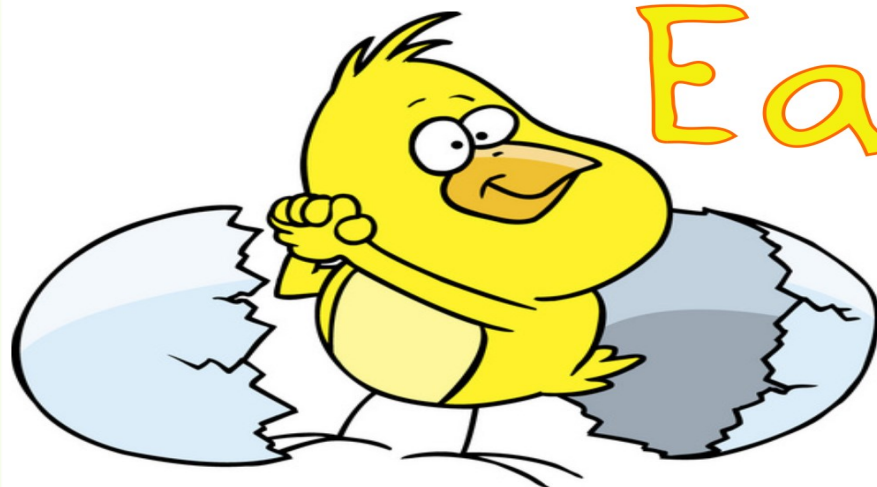
**Lunch**

Grilled Cheese Sandwich  
Baked Potato Soup  
Cheese Cup  
Carrot Sticks  
Mandarin Oranges  
Juice  
Milk

## Word *of the* Month

### com·mit·ment

*n.* 1. the act of keeping to a promise, charge, or trust  
2. an agreement or pledge to do something 3. one's level of dedication to a task



# Easter Break

Break begins at the end of classes:

**Friday, March 22**

Classes resume:

**Tuesday, April 2**