

St. Mary Cathedral School

MENUS FOR MARCH 2024

This institution is an equal
opportunity provider
and employer.

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

Spring forward
on
March 10



Monday, March 4

Breakfast

W/G Cereal,
100% Orange Juice,
Mozzarella Cheese Stick,
Peaches

Lunch

Mini Corn Dogs,
Vegetarian Baked Beans,
Mixed Fruit

Tuesday, March 5

Breakfast

Pig-N-Blanket, Syrup,
Mandarin Oranges

Lunch

Beef-A-Roni, W/G Garlic
Bread Stick, Green Beans,
Pears

Wednesday, March 6

Breakfast

W/G Egg Cheese Sandwich,
Mixed Fruit

Lunch

Chicken Teriyaki, Yellow Rice,
W/G Roll. Black Beans,
Pineapple Tidbits

Thursday, March 7

Breakfast

Scramble Eggs, Jelly, Turkey
Sausage Patty, Butter Milk
Biscuit, Pears

Lunch

Chopped Steak, Brown
Gravy, Mashed Potatoes,
Peas Mandarin Oranges

Friday, March 8

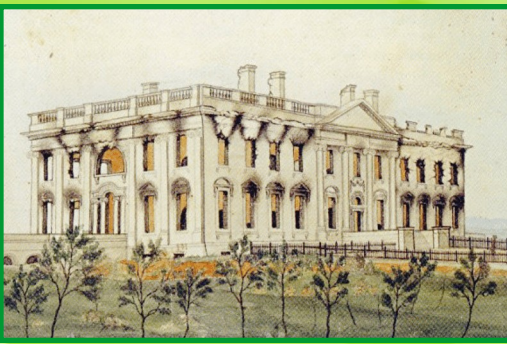
Breakfast

W/G Donuts Cake Holes,
Yogurt, Pineapple Tidbits

Lunch

Cheese Pizza,
Mixed Vegetables,
Applesauce

★ 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.

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!

Friday, March 1

Breakfast

Cinnamon Pop Tart,
Colby Cheese Stick,
Applesauce

Lunch

Fish Star Nuggets,
Tator Tots Nuggets,
Peas & Carrots
Peaches

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!



ANIMAL APPETITES

Monday, March 11

Breakfast

W/G Cereal, 100% Grape Juice, Cheddar Cheese Stick, Pears

Lunch

Chicken Tenders, Sweet Potatoes Nuggets, Peas, Peaches

Tuesday, March 12

Breakfast

Fried Egg, Turkey Sausage Patty W/G English Muffin, Applesauce

Lunch

Beef Chili, Brown Rice, Corn, W/G Roll, Pineapple Tidbits

Wednesday, March 13

Breakfast

W/G Waffle, Turkey Sausage Link, Syrup, Peaches

Lunch

Turkey Ham, American Cheese, W/G Bun, Coleslaw, Mandarin Oranges

Thursday, March 14

Breakfast

W/G Egg Cheese SSG Bagel, Mandarin Oranges

Lunch

Chicken Alfredo, W/G Pasta, Carrots, Mixed Fruit

Friday, March 15

Breakfast

Cinnamon Raisin Bagel, Cream Cheese, Jelly, Mixed Fruit

Lunch

Baked Ziti, Mozzarella Cheese, W/G Garlic Bread Stick, Spinach, Pears

Monday, March 18

Breakfast

W/G Cereal, 100% Apple Juice, Colby Cheese Stick, Mandarin Oranges

Lunch

Beef Hot Dog, W/G Bun, Vegetarian Baked Beans, Ketch/Mustard, Applesauce

Tuesday, March 19

Breakfast

Cheese omelet, W/G Butter Milk Biscuit, Jelly, Pineapple Tidbits

Lunch

Turkey Taco, W/G Tortillas, Shredded Cheddar Cheese, Shredded Lettuce, Diced Tomatoes, Taco Sauce, Peaches

Wednesday, March 20

Breakfast

W/G Pancakes, Turkey Sausage Patty, Syrup, Pears

Lunch

W/G Spaghetti Pasta, Meat Sauce, W/G Garlic Bread Stick, Mixed Vegetables, Mixed Fruit

Thursday, March 21

Breakfast

Taquito Egg Turkey Cheese Tortilla, Applesauce

Lunch

Cheese Burger, Shredded Lettuce, Sliced Tomatoes, Over French Fries, W/G Bun, Ketchup, Pears

Friday, March 22

Breakfast

Blueberry Muffin, Hard Boiled Egg, Peaches

Lunch

Tuna Salad, W/G Bun, Carrot Salad, Mandarin Oranges

Monday, March 25

Breakfast

W/G Cereal, 100% Orange Pineapple Juice, , Yogurt Mixed Fruit

Lunch

Sloppy Joe, W/G Bun, Peas & Carrots, Pineapple Tidbits

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

St. Mary Cathedral School



What's on YOUR plate?

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

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