### Menus for March 2021

#### Monday, March 1
- **Breakfast**
  - Assorted Cereal
  - Fruit
- **Lunch**
  - Chicken Adobo with Rice
  - Potato Wedges
  - Carrots and Peas
  - Fruit

#### Tuesday, March 2
- **Breakfast**
  - Tropical Storm Fried Rice
  - Fruit
- **Lunch**
  - Cheese Pizza
  - Veggie Sticks and Dip
  - Beans
  - Fruit

#### Wednesday, March 3
- **Breakfast**
  - Pancake with Syrup
  - Bacon
  - Fruit
- **Lunch**
  - Beef Steak with Peas and Onions
  - Red Rice
  - Broccoli
  - Fruit

#### Thursday, March 4
- **Breakfast**
  - Sausage and Egg Scramble with Rice
  - Fruit
- **Lunch**
  - Marianas BBQ Burger
  - Sandwich Sides (Lettuce, Tomato, Bell Pepper)
  - Sweet Potato Fries
  - Fruit
  - Flavored Milk

#### Friday, March 5
- **Breakfast**
  - Banana Bread
  - Fruit
- **Lunch**
  - Turkey and Cheese Sandwich
  - Sandwich Sides (Lettuce, Tomato, Cucumber, Bell Pepper)
  - Japanese Salad
  - Fruit

#### Monday, March 8
- **Breakfast**
  - Assorted Cereal
  - Fruit
- **Lunch**
  - Beef Lasagna
  - Garlic Cauliflower and Broccoli
  - Corn
  - Fruit

#### Tuesday, March 9
- **Breakfast**
  - Fried Rice with Portuguese Sausage
  - Fruit
- **Lunch**
  - Chicken Burger
  - Potato Wedges
  - Broccoli
  - Fruit

#### Wednesday, March 10
- **Breakfast**
  - Ham and Cheese Roll
  - Fruit
- **Lunch**
  - Oven Fried Chicken
  - Red Rice
  - Sauteed Spinach
  - Corn
  - Fruit

#### Thursday, March 11
- **Breakfast**
  - Fried Rice with Chicken Nuggets
  - Fruit
- **Lunch**
  - Turkey with Gravy and Mashed Potatoes
  - Dinner Roll
  - Carrots, Beans
  - Fruit
  - Flavored Milk

#### Friday, March 12
- **Breakfast**
  - Grilled Cheese Sandwich
  - Fruit
- **Lunch**
  - Chicken Curry with Rice, Carrots, Local Vegetables
  - Fruit
  - Flavored Milk

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**Most people who travel to Ireland expect to see castle ruins and quaint villages... but palm trees?! Even though Ireland is farther north than International Falls, Minnesota or Caribou, Maine, it sits in the warm waters of the Gulf Stream, which keep the island from getting too cold and allow palm trees to grow. Happy St. Patrick’s Day!**

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**Going green.**

We’re going green this month! Green for St. Patrick’s Day. Green for healthy veggies. Green for the $$$ you save with free school meals for all students through June 2021. And when you take advantage of our fantastic free food, you also help our meals program and our schools avoid the red!
<table>
<thead>
<tr>
<th>Monday, March 15</th>
<th>Tuesday, March 16</th>
<th>Wednesday, March 17</th>
<th>Thursday, March 18</th>
<th>Friday, March 19</th>
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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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<tr>
<td>Assorted Cereal</td>
<td>Fried Rice with Grilled Ham</td>
<td>Pancakes with Syrup</td>
<td>Pan de Sal with Egg and Cheese</td>
<td>Garlic Rice with Patty Sausage</td>
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<td>Fruit</td>
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<td>Bacon</td>
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<tr>
<td><strong>Lunch</strong></td>
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<tr>
<td>Pork Adobo with Rice</td>
<td>Hawaiian Pizza</td>
<td>Chicken Alfredo with Spinach</td>
<td>Beef Bulgogi with Rice</td>
<td>Breaded Fish with Sauce</td>
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<tr>
<td>Green Peas and Carrots</td>
<td>Veggie Sticks and Dip</td>
<td>Lettuce, Tomato, and Cucumber Salad</td>
<td>Bell Peppers, Bean Sprouts, Carrots, and Onions</td>
<td>Red Rice</td>
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<td>Sesame Broccoli</td>
<td>Corn and Bean Salad</td>
<td>Beans</td>
<td>Fruit</td>
<td>Local Vegetables</td>
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<tr>
<td><strong>Breakfast</strong></td>
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<tr>
<td>Assorted Cereal</td>
<td>Garlic Fried Rice</td>
<td>Covenant Day</td>
<td>Macaroni and Cheese</td>
<td>Ground Beef and Vegetable</td>
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<tr>
<td>Fruit</td>
<td>Sausage Links</td>
<td>Public Schools and Grab and Go CLOSED</td>
<td>Fruit</td>
<td>Omelet</td>
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<td><strong>Lunch</strong></td>
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<tr>
<td>Beef Broccoli</td>
<td>BBQ Chicken with Red Rice</td>
<td>French Toast with Syrup</td>
<td>Grilled Ham with Rice</td>
<td>Spaghetti</td>
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<td>with Rice</td>
<td>Corn</td>
<td>Fruit</td>
<td>Sweet Potato Fries</td>
<td>Dinner Roll</td>
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<td>Mixed Vegetables</td>
<td>Potato Salad</td>
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<td>Beans</td>
<td>Local Vegetables</td>
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<td>Fruit</td>
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<td>Fruit</td>
<td>Garlic Spinach</td>
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**Superfood?!**

Did you know that Parsley is a vegetable? We mainly use it as a cooking herb or as garnish to make a plate look nice, but you’d do well to munch it rather than toss it out when you scrape your plate.

Parsley contains three times as much vitamin C as oranges, twice as much iron as spinach, and lots of vitamin A and minerals, too. Plus, chewing parsley helps prevent bad breath!

*Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html*

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**Our Nation’s History**

**Storm Run**

The Story of the First Woman to Win the Iditarod Sled Dog Race

As a teenager, Libby Riddles moved to Alaska and soon fell in love with sled dogs and the sport of “mushing,” or racing sled dogs. She soon developed a dream to win the famous IDITAROD, a grueling 1,157 mile race across the frigid interior of Alaska, where wind chills can reach -100°F! On March 20, 1985, Riddles realized her dream and became the first woman to win the Iditarod, finishing the race in just over 18 days. She wrote a book about her experience called “Storm Run.”

**With Liberty & Justice for All**