

# Menus for March 2023



**CNMI Public School System, Child Nutrition Program**

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

**Kids! Be there March 6-10 for National School Breakfast Week 2023**



**come join us for Breakfast@School**

eat right. Academy of Nutrition and Dietetics

**Enjoy more plant-based meals and snacks.**

#NationalNutritionMonth



**Wednesday, March 1**

**Breakfast**

French Toast with Syrup  
Sausage  
Fruit

**Lunch**

Beef Broccoli  
Steamed Rice  
Mixed Vegetables  
Fruit

**Secondary Second Choice**

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

**Thursday, March 2**

**Breakfast**

Sausage Patty with Garlic Rice  
Fruit

**Lunch**

Cheese Chicken Alfredo with Spinach  
Garden Salad  
Local Vegetables  
Flavored Milk  
Fruit

**Secondary Second Choice**

Hawaiian Pizza  
Vegetable Sticks & Dip  
Fruit

**Friday, March 3**

**Breakfast**

Mac & Cheese  
Fruit

**Lunch**

Cheese Pizza  
Vegetable Sticks & Dip  
3 Bean Salad  
Fruit

**Secondary Second Choice**

Salad Bar/Packed Salad  
3 Bean Salad  
WGR Roll or Crackers  
Fruit



**BREAK AN EGG.**

Hey, why do you think it's called BREAKfast? A breakfast sandwich of an egg, a slice of lean ham, and a piece of cheese on a whole-wheat English muffin, with an orange and lowfat milk, provides a delicious variety of foods, and only about 550 calories. Keeps you feeling full, too. Enjoy!

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

**Monday, March 6**

**Breakfast**

Assorted Cereal  
Fruit

**Lunch**

Chicken Curry with Carrots and Potatoes  
Broccoli  
Steamed Rice  
Fruit

**Secondary Second Choice**

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

**Tuesday, March 7**

**Breakfast**

Fried Rice with Portuguese Sausage  
Fruit

**Lunch**

Cheeseburger  
Sandwich Sides  
Sweet Potato Fries  
Fruit

**Secondary Second Choice**

Chickenburger  
Sandwich Sides  
Sweet Potato Fries  
Fruit

**Wednesday, March 8**

**Breakfast**

Ham and Cheese Roll  
Fruit

**Lunch**

Breaded Chicken with Gravy  
Mashed Potato  
3 Bean Salad  
WGR Roll  
Fruit

**Secondary Second Choice**

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

**Thursday, March 9**

**Breakfast**

Sausage & Egg Scramble  
Steamed Rice  
Fruit

**Lunch**

Beef Lasagna  
Garlic Cauliflower & Broccoli  
Corn  
Fruit

**Secondary Second Choice**

Tuna Salad Sandwich on WGR Bun  
Sandwich Sides  
Japanese Salad  
Fruit

**Friday, March 10**

**Breakfast**

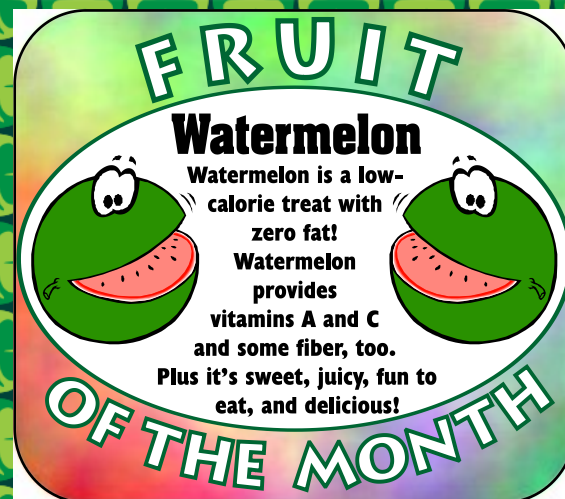
Grilled Cheese Sandwich  
Fruit

**Lunch**

Chicken Piccata  
Garden Salad  
Local Vegetables  
Flavored Milk  
Fruit

**Secondary Second Choice**

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit



# 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



**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**

### Breakfast

Assorted Cereal  
Fruit

### Lunch

Grilled Ham Steak  
Steamed Brown Rice  
Sweet Potato Fries  
Texas BBQ Beans  
Fruit

### Secondary Second Choice

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

**Tuesday, March 14**

### Breakfast

Sausage Links  
Garlic Fried Rice  
Fruit

### Lunch

Chicken Burger  
Potato Wedges  
Broccoli  
Fruit

### Secondary Second Choice

Subway Sandwich with  
Honey Onion Dressing on  
WGR Bun  
Vegetable Sticks & Dip  
Fruit

**Wednesday, March 15**

### Breakfast

French Toast with Syrup  
Sausage  
Fruit

### Lunch

Beef Steak with Green Peas &  
Onions  
Red Rice  
Local Vegetables  
Broccoli  
Fruit

### Secondary Second Choice

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

**Thursday, March 16**

### Breakfast

Tropical Storm Fried Rice  
Fruit

### Lunch

Pepperoni Pizza  
Vegetable Sticks & Dip  
Fruit

### Secondary Second Choice

Buffalo Chicken Wrap  
Vegetable Sticks & Dip  
Japanese Salad  
Fruit

**Friday, March 17**

### Breakfast

Pan de Sal with Egg & Cheese  
Fruit

### Lunch

Breaded Fish with Sauce  
Red Rice  
Potato Wedges  
Local Vegetables  
Flavored Milk  
Fruit

### Secondary Second Choice

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

**Monday, March 20**

### Breakfast

Assorted Cereal  
Fruit

### Lunch

Oven Fried Chicken  
Red Rice  
Corn  
Sauteed Spinach  
Fruit

### Secondary Second Choice

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

**Tuesday, March 21**

### Breakfast

Ground Beef & Veggie  
Omelet  
Steamed Rice  
Fruit

### Lunch

Marianas BBQ Cheeseburger  
Sandwich Sides  
Sweet Potato Fries  
Fruit

### Secondary Second Choice

Fire Alarm Pizza  
Vegetable Sticks & Dip  
Fruit

**Wednesday, March 22**

### Breakfast

Pancakes with Syrup  
Bacon  
Fruit

### Lunch

Beef Bulgogi with Bell Peppers,  
Bean Sprouts & Onions  
Steamed Rice  
Carrots  
Fruit

### Secondary Second Choice

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

**Thursday, March 23**

### Breakfast

Grilled Ham with Fried Rice  
Fruit

### Lunch

Spaghetti Bolognese  
WGR Roll  
Garlic Spinach  
3 Bean Salad  
Fruit

### Secondary Second Choice

Chicken Kelaguen  
Titiyas  
Vegetable Sticks and Dip  
Japanese Salad  
Fruit

**Friday, March 24**

**Covenant Day  
Public Schools Closed**

### Breakfast

Grilled Cheese Sandwich  
Fruit

### Lunch

BBQ Chicken  
Red Rice  
Corn and Potato Salad  
Fruit

**Monday, March 27**

### Breakfast

Assorted Cereal  
Fruit

### Lunch

Kung Pao Chicken  
with Bell Peppers  
Steamed Rice  
Sesame Broccoli  
Fruit

### Secondary Second Choice

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

**Tuesday, March 28**

### Breakfast

Fried Rice with Chicken Nuggets  
Fruit

### Lunch

Turkey & Gravy  
WGR Roll  
Mashed Potato  
Steamed Carrots  
Fruit

### Secondary Second Choice

Thai Beef Noodle Bowl  
Bell Peppers & Carrots  
Mixed Vegetables  
Fruit

**Wednesday, March 29**

### Breakfast

French Toast with Syrup  
Sausage  
Fruit

### Lunch

Beef Broccoli  
Steamed Rice  
Mixed Vegetables  
Fruit

### Secondary Second Choice

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

**Thursday, March 30**

### Breakfast

Sausage Patty with Garlic Rice  
Fruit

### Lunch

Cheese Pizza  
Vegetable Sticks & Dip  
3 Bean Salad  
Fruit

### Secondary Second Choice

Hawaiian Pizza  
Vegetable Sticks & Dip  
3 Bean Salad  
Fruit

**Friday, March 31**

### Breakfast

Mac & Cheese  
Fruit

### Lunch

Chicken Alfredo with Spinach  
Garden Salad  
Local Vegetables  
Flavored Milk  
Fruit

### Secondary Second Choice

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit