

# MARCH

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

## National Nutrition Month!

### Did You Know???

Thomas Jefferson, the third president of the United States, first tasted Mac and Cheese in Paris and introduced the dish to America.

A mushroom contains 92% water.

The strawberry is the only fruit in the world with seeds on the outside.

In the 1830s ketchup was considered medicine.

This institution is an equal opportunity provider. Menu subject to change.

**1**

Donut  
or Cereal

Corn Dog  
OR  
Chicken Wrap

**4**

**No  
School!**

**5**

Ham Ripper  
or Cereal

Spaghetti & Meatballs  
OR  
Caesar Salad  
  
Garlic Toast

**6**

Bagel  
or Cereal

Teriyaki Chicken over Rice  
OR  
Italian Sub  
  
Steamed Broccoli

**7**

Muffin  
or Cereal

Chicken Potato Bowl  
OR  
Harvest Salad  
  
Dinner Roll

**8**

Parfait  
or Cereal

Pizza Rippers  
w/Marinara Sauce  
OR  
Chicken Salad Sandwich

**11**

Waffles  
or Cereal

Hamburger  
OR  
Baked Potato  
  
Steamed Peas

**12**

Pancake Sandwich  
or Cereal

Chicken Alfredo  
OR  
Caesar Salad  
  
Garlic Toast

**13**

Cinnamon Roll  
or Cereal

Deli Day

**14**

Sweet Bread  
or Cereal

Chili Fritos  
OR  
PB & J

**15**

Peanut Butter & Crackers  
or Cereal

Chicken Nuggets  
OR  
Harvest Salad  
  
Dinner Roll

**18**

French Toast  
or Cereal

Chicken Patty Sandwich  
OR  
Tuna Sandwich

**19**

Biscuits & Gravy  
or Cereal

Beefy Mac  
OR  
Caesar Salad  
  
Garlic Toast

**20**

Breakfast Pizza  
or Cereal

Chili Dog  
OR  
Turkey Club Sandwich  
  
Rice Crispy Square

**21**

ZeeZee Bar  
or Cereal

Chicken & Waffles  
OR  
Breakfast Pizza  
  
Yogurt Cup

**22**

Bagel  
or Cereal

Stuffed Breadstick  
with Marinara Sauce  
OR  
Chicken Wrap

**25**

Pancakes  
or Cereal

Hot Dog with  
Mac & Cheese  
OR  
Chicken Salad Sandwich  
  
Cookie

**26**

Ham Ripper  
or Cereal

Lasagna Roll Up  
OR  
Chef Salad  
  
Garlic Toast

**27**

Donut  
or Cereal

Orange Chicken over Rice  
OR  
Tuna Sandwich  
  
Steamed Normandy Mix

**28**

Muffin  
or Cereal

Hamburger Gravy over  
Mashed Potatoes  
OR  
BBQ Chicken Salad  
  
Dinner Roll

**29**

Parfait  
or Cereal

Chicken Tenders  
OR  
Baked Potato  
  
Dinner Roll

# Entheos Academy Menu