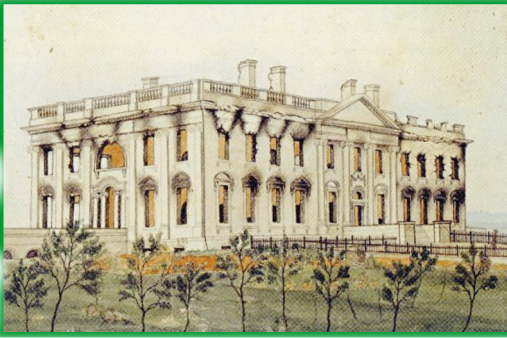


Pre K Counts

MENUS FOR MARCH 2024

This institution is an equal
opportunity provider
and employer.

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

Milk, fruit
Assorted cereal

Lunch

Tomato soup
Grilled cheese sandwich
Goldfish crackers
School cookie

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 4

Breakfast

Juice, fruit
Assorted muffins

Lunch

Pork BBQ on wheat roll
Mac and cheese
Steamed carrots
Pears

Tuesday, March 5

Breakfast

Milk, fruit
Assorted cereal

Lunch

Pasta with meat sauce
Garlic bread stick
Tossed salad with dressing
Fruit cocktail

Wednesday, March 6

Breakfast

Juice, fruit
Assorted muffins

Lunch

Muhl-fil-a dill chicken sand.
Waffle fries
Dill pickle chips
Apple slices

Thursday, March 7

Breakfast

Milk, fruit
Assorted cereal

Lunch

Cold hoagie day
Baked chips
Lettuce, tomato, pickles
Individual brownie

Friday, March 8

Breakfast

Juice, fruit
Assorted muffins

Lunch

Meat/cheese -cheese calzone
Marinara sauce
Steamed green beans
Peaches



ANIMAL APPETITES

Monday, March 11

Breakfast

Milk, fruit
Assorted cereal

Lunch

Cheeseburger on wheat bun
Lettuce, tomato, pickles
French fries
Sliced peaches

Tuesday, March 12

Breakfast

Juice, fruit
Assorted muffins

Lunch

Baked whole chicken tenders
Buttered macaroni, roll
Steamed carrots
Fresh apples

Wednesday, March 13

Breakfast

Milk, fruit
Assorted cereal

Lunch

Buffalo or cheese crunchers
Tomato sauce
Side salad with dressing
Sour cherry ice

Thursday, March 14

Breakfast

Juice, fruit
Assorted muffins

Lunch

Homemade quesadilla
Pica de gallo, guacamole
Arroz con gandules
Kiwi half

Friday, March 15

Breakfast

Milk, fruit
Assorted cereal

Lunch

Irish fish and chips
Fish sticks and fries
Tarter sauce, green peas
Shamrock cookie

Monday, March 18

Breakfast

Juice, fruit
Assorted muffins

Lunch

Cheese steak hoagie, sauce
Baked chips
Onions, peppers, pickles
Scooby snacks

Tuesday, March 19

Breakfast

Milk, fruit
Assorted cereal

Lunch

Mini corn dog nuggets
Mac and cheese
Mixed vegetables
Pineapples

Wednesday, March 20

Breakfast

Juice, fruit
Assorted muffins

Lunch

Lime chicken
Mexican rice
Mexican street corn
Mango ice

Thursday, March 21

Breakfast

Milk, fruit
Assorted cereal

Lunch

Spicy chicken flatbread
Spinach and romaine salad
Fresh strawberries, apples
Strawberry oatmeal bars

Friday, March 22

Breakfast

Juice, fruit
Assorted muffins

Lunch

Italian cheese & garlic bread
Marinara sauce
Side salad /dressing, grapes
Orange creamsicle



**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

Now Appearing ...

SPRING BREAK!

A FUN!FUN!FUN! PRODUCTION. STARRING YOU AND YOUR FRIENDS. SPECIAL LIMITED ENGAGEMENT.

Break begins at the end of classes:

Friday, March 22

Classes resume:

Monday, April 2

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