

# Menus for March 2023



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

## Whiteside Middle School

**For breakfast, we offer assorted General Mills Cereals and Cereal Bars as additional entrée choices. Each breakfast includes milk, juice and/or fruit choice.**

### Monday, March 6

**Breakfast**  
Breakfast Pizza

**Lunch**  
-Sausage Pizza  
-Mini Corn Dogs  
-Popcorn Chicken Salad & Bosco Stick  
-Deli Sandwich  
Candied Sweet Potatoes  
Mixed Fruit  
Cold Milk

### Tuesday, March 7

**Breakfast**  
Yogurt Cup & Oatmeal Bar  
**Lunch**

-French Toast Sticks & Sausage  
-Turkey & Bacon Croissant  
-Caesar Salad & Bosco Stick  
-Deli Sandwich  
Green Beans  
Chilled Applesauce  
Gogurt Yogurt  
Cold Milk

### Wednesday, March 1

**Breakfast**  
Pancake & Sausage on a Stick

**Lunch**  
-Soft Beef Tacos  
-Sub Sandwich  
-Chef Salad & Bosco Stick  
-Deli Sandwich  
Seasoned Green Beans  
Pineapple Tidbits  
Cold Milk

### Thursday, March 2

**Breakfast**  
Cheesy Scrambled Eggs & Biscuit  
**Lunch**

-Orange Chicken and Fried Rice  
-Hamburger  
-Caesar Salad & Bosco Stick  
-Deli Sandwich  
Fresh Broccoli  
Fresh Clementines  
Fortune Cookie  
Cold Milk

### Friday, March 3

No School

### Wednesday, March 8

**Breakfast**  
Bacon, Egg & Cheese Biscuit

**Lunch**  
-Chicken Nugget and Macaroni Bowl  
-Meatball Sandwich  
-Chef Salad & Bosco Stick  
-Deli Sandwich  
Tator Tots  
Chilled Peaches  
Cold Milk

### Thursday, March 9

**Breakfast**  
Mini Pancakes & Syrup

**Lunch**  
-Chili & Crackers  
-Hot & Spicy Chicken Sandwich  
-Caesar Salad & Bosco Stick  
-Deli Sandwich  
Cheesy Broccoli  
Frozen Juice Cup  
Cold Milk

### Friday, March 10

**Breakfast**  
Banana Bread

**Lunch**  
-Cheesy Queso Nachos  
-Fish Sandwich  
-Chef Salad & Bosco Stick  
-Deli Sandwich  
Refried Beans  
Orange Smiles  
String Cheese  
Cold Milk



## NUTRITION TO GO

Your body stores calories that it doesn't burn right away as fat. Converting carbohydrate calories into fat requires some energy -- 100 excess carb calories store as only 75 or so calories worth of fat. Fat calories, however, are already fat, so their conversion requires little energy. 100 calories from dietary fat store as about 97 calories worth of body fat.

**A QUICK BITE FOR PARENTS**