



Menus for March 2023

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

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

Whiteside Elementary 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 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

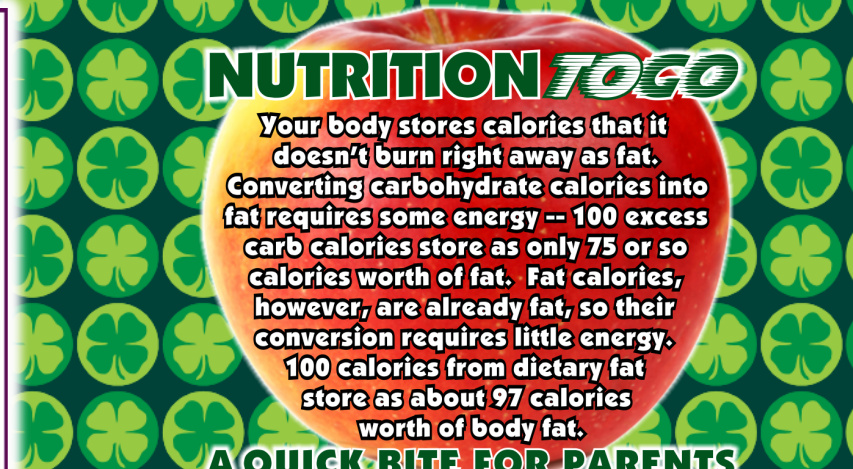
Lunch
-Cheesy Queso Nachos
-Chef Salad & Bosco Stick
-Deli Sandwich
Refried Beans
Orange Smiles
String Cheese
Cold Milk



SCHOOL NUTRITION ASSOCIATION

DIG IN TO SCHOOL BREAKFAST

National School Breakfast Week
MARCH 6-10, 2023



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