

Menus for March 2018

**STSD
High School**

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

EGG-CELLENT.



Ah, the humble, wonderful egg! Just 75 or so calories, but with seven grams of high-quality protein, plus iron, vitamins, minerals, and other disease fighting nutrients. Versatile for cooking. Inexpensive. Readily available. Perhaps the perfect food - for breakfast, or any time!

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

Thursday, March 1

Hanna Buffet
Nachos
w/Meat & Cheese

Deli Rail
*New! Buffalo
Crunchers* or Select
Sandwiches & Salads

Served with Choice of
Vegetable, Fresh Fruit and
Assorted Milk

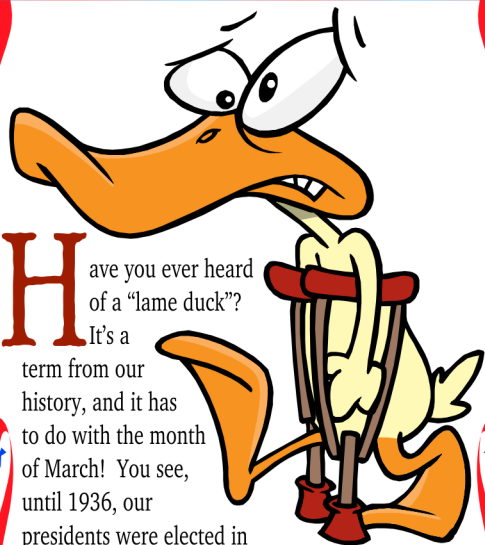
Friday, March 2

Hanna Buffet
Stuffed Crust Pizza with or
without Pepperoni

Deli Rail
BBQ Chicken Sandwich or
Select Sandwiches & Salads

Served with Choice of
Vegetable, Fresh Fruit and
Assorted Milk

★ OUR NATION'S HISTORY ★



Have you ever heard of a "lame duck"? It's a term from our history, and it has to do with the month of March! You see, until 1936, our presidents were elected in November - but not sworn in until March 4, four months later! In the 19th century, they might have needed all that time just to collect and certify the vote and get everybody to Washington before the days of trains, cars, and highways, much less planes. But that left the old president - the so-called "lame duck," who couldn't really do much - in charge for 4 months! So beginning with Franklin Roosevelt's inauguration in 1936, the date was moved up to January 20, where it remains today.

★ WITH LIBERTY & JUSTICE FOR ALL ★

Monday, March 5

Hanna Buffet
Cheese Dunkers
w/Marinara Sauce

Deli Rail
Ham & Cheese on a Pretzel
Roll or Select Sandwiches
& Salads

Served with Choice of
Vegetable, Fresh Fruit and
Assorted Milk

Tuesday, March 6

Hanna Buffet
Popcorn Chicken w/Mashed
Potato Bowl

Deli Rail
Turkey Croissant Sandwich or
Select Sandwiches
& Salads

Served with Choice of Spicy
Fries, Vegetable, Fresh Fruit
and Assorted Milk

Wednesday, March 7

**No
Lunch**

Early Dismissal

**Professional
Development**

Thursday, March 8

Hanna Buffet
Taco Pierogie
w/Tea Roll

Deli Rail
Chicken Sticks or Select
Sandwiches & Salads

Served with Choice of Potato
Wedges, Vegetable, Fresh
Fruit and Assorted Milk

Friday, March 9

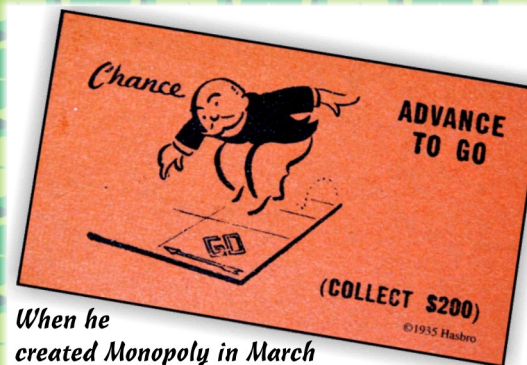
Hanna Buffet
French Bread Pizza with or
without Pepperoni

Deli Rail
Buffalo Chicken Steak or
Select Sandwiches
& Salads

Served with Choice of
Vegetable, Fresh Fruit and
Assorted Milk

GO FOR THE WHOLE!

Want the whole truth?
Choose bagels and other bread
products that are made with whole
grains. They're healthiest
by a mile!



When he created Monopoly in March 1933, Charles Darrow was unemployed, having lost his job during the Depression. Today, more than 250 million Monopoly games have been sold, and Darrow died a millionaire in 1967.



**Don't forget to
set your clocks
forward one hour
on Sunday,
March 11!**