

Menus for March 2018

**STSD
Middle 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

SUBWAY

Alternative Entrées
Chicken Patty

Served with Choice of:
Apple Slices
100% Fruit Juice
Assorted Milk

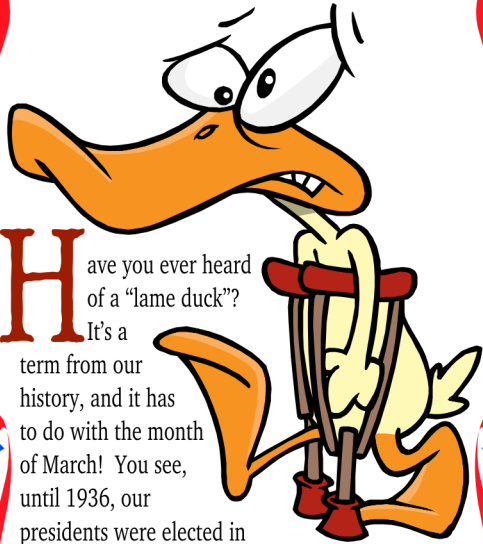
Friday, March 2

Pizzeria Pizza with or without Pepperoni

Alternative Entrées
Chicken Patty & Chef's Choice Salads

Served with Choice of:
Baby Carrots
Applesauce
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

Chicken Parmesan
on *Ciabatta Bread*

Alternative Entrées
Fish Sandwich, Spicy Chicken Salad or Garden Salad

Served with Choice of:
Tater Tots
Green Beans
Sliced Pears
Assorted Milk

Tuesday, March 6

"Have It Your Way"
Burger Day

Alternative Entrées
Fish Sandwich, Chicken Tender Salad or Garden Salad

Served with Choice of:
Lettuce & Tomato Fixins
Baked Beans
100% Fruit Juice
Assorted Milk

Wednesday, March 7

**No
Lunch**

Early Dismissal

**Professional
Development**

Thursday, March 8

Chicken Tenders
& Tea Roll

Alternative Entrées
Fish Sandwich or Chef's Choice Salads

Served with Choice of:
Steamed Broccoli
100% Fruit Juice
Assorted Milk

Friday, March 9

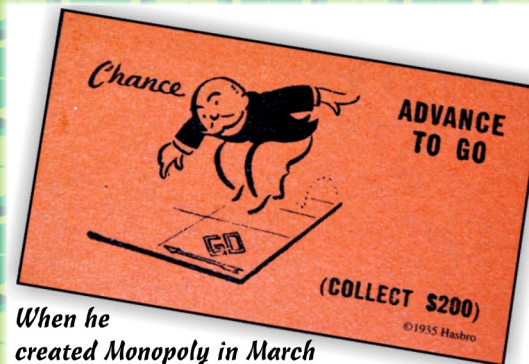
Italian Dunkers
w/Marinara Sauce

Alternative Entrées
Fish Sandwich or Chef's Choice Salads

Served with Choice of:
Sweet Peas
Chilled Peaches
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!