

MARCH 2025

Myers Elementary-Lil Pupp Cafe

LUNCH

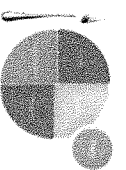


School Information: Menus are subject to change due to availability and weather. The USDA is an equal opportunity provider and employer! All meals include milk.



March is National Nutrition Month! To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate



MONDAY

- 3 Salisbury Steak
- Mashed Potatoes
- Peas
- Applesauce
- Roll

TUESDAY

- 4 Chicken & Rice
- Refried Beans
- Tostitos with Salsa
- Fresh Broccoli
- Peaches
- Mardi Gras Festival

WEDNESDAY

- 5 Popcorn Chicken
- Macaroni & Cheese
- Carrot Sticks
- Pineapple

THURSDAY

- 6 Ham and Cheese on Bun
- Green Beans
- Chips
- Grapes
- National Cereal Day

FRIDAY

- 7 French Bread Pizza
- Salad
- Corn
- Mixed Fruit

- 10 Chicken Alfredo
- Breadsticks
- Salad
- Carrot Sticks
- Apple Slices

- 11 Taco Meat
- Shredded Cheese
- Refried Beans
- Tostitos and Salsa
- Mandarin Oranges

- 12 Hot Dog on Bun
- Baked Beans
- Apple Slices
- Chips
- National Cereal Day

- 13 Ravioli
- Green Beans
- Steamed Broccoli
- Mixed Fruit

- 14 French Bread Pizza
- Salad
- Corn
- Orange Wedges

St. Patrick's Day

17

18

19

20

21

# SPRING BREAK

- 24 Hamburger on Bun
- Cheese Slice, Pickles
- Tater Wedges
- Steamed Broccoli
- Mixed Fruit

24

- 25 Taco Meat
- Shredded Cheese
- Refried Beans
- Tostitos and Salsa
- Mandarin Oranges

25

- 26 Popcorn Chicken
- Macaroni & Cheese
- Carrot Sticks
- Pineapple

26

- 27 Baked Potato Bar
- Cheese, Chili, Bacon
- Bits, Sour Cream, Butter
- Freshh Pepper Slices
- Mixed Fruit

27

- 28 French Bread Pizza
- Salad
- Corn
- Pineapple

28

- 31 Cheese or Pepperoni
- Bosco Sticks
- Salad
- Fresh Broccoli w/ ranch
- Grapes

31

All lunches have a choice of an uncrustable and cheese stic.



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### BREAKFAST



**School Information:** Menus are subject to change due to availability and weather. The USDA is an equal opportunity provider and employer!



**National School Breakfast Week is March 3 - 7.**  
All students can choose to have cereal instead of the main course.  
All meals include milk.



#### MONDAY

Biscuits & Gravy  
Sausage Patty  
Mixed Fruit **3**

#### TUESDAY

Pop Tart & Cereal  
Applesauce  
Juice **4**

#### WEDNESDAY

French Toast and Sausage  
Tornado  
Sliced Peaches **5**

#### THURSDAY

Breakfast Pizza  
Apple Slices  
**6**

#### FRIDAY

WG Muffin  
Yogurt  
Pineapple  
Juice **7**

#### Mardi Gras Festival

#### National Cereal Day

French Toast Sticks w/  
Syrup Cup  
Sausage Patty  
Applesauce **10**

Muffin & Cereal  
Orange Wedges  
Juice **11**

Banana, Chocolate or  
Zucchini Bread  
Yogurt  
Mixed Fruit **12**

Breakfast Pizza  
Blueberries  
**13**

Biscuits & Gravy  
Sausage Patty  
Sliced Peaches  
Juice **14**

#### St. Patrick's Day

# ---SPRING BREAK---

Biscuits & Gravy  
Sausage Patty  
Pineapple **24**

Pop Tart & Cereal  
Mixed Fruit  
Juice **25**

Pancakes  
Yogurt  
Applesauce **26**

Breakfast Pizza  
Mandarin Oranges  
**27**

French Toast and Sausage  
Tornado  
Sliced Peaches  
Juice **28**

Biscuits & Gravy  
Sausage Patty  
Apple Slices **31**

