

Birch Grove Primary School

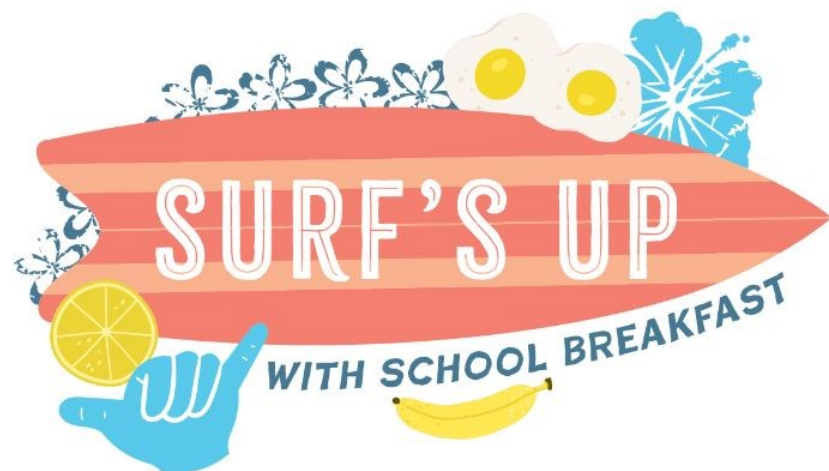
# MENUS FOR MARCH 2024

*This institution is an equal  
opportunity provider  
and employer.*

## MEAL PRICES

**BREAKFAST - Free**  
**for ALL STUDENTS**  
*Served from 8:40-9:00*

**LUNCH - \$3.15**  
**Free for all students**  
**eligible for free OR**  
**reduced priced meals**



**Kids!**  
**Join us March 4-8**  
**for**  
**National School**  
**Breakfast Week**  
**2024!**

**Friday, March 1**

French Toast with Chicken  
Sausage

Chicken Patty on a Soft Bun

Yogurt & Muffin Plate with  
String Cheese

**Monday, March 4**

Cheese Filled Twisted  
Breadstick

Cheeseburger on a soft bun

Yogurt & Cereal Plate with  
String Cheese

**Tuesday, March 5**

Dutch Waffle

Cheeseburger on a soft bun

Yogurt & Cereal Plate with  
String Cheese

**Wednesday, March 6**

Mini Ravioli with a Grain  
Side

Cheeseburger on a soft bun

Yogurt & Cereal Plate with  
String Cheese

**Thursday, March 7**

**EARLY RELEASE**

Chicken Patty on a Soft Bun

Yogurt & Cereal Plate with  
String Cheese

**Friday, March 8**

**EARLY RELEASE**

Cheese Pizza

Yogurt & Cereal Plate with  
String Cheese



**AVAILABLE DAILY**

**All Lunches include:**

**Rainbow Fruit Tray**  
**Rainbow Vegetable**  
**Tray, Ice Cold**  
**Flavored or White**  
**Milk**

*Students must choose a fruit  
or vegetable to make a  
complete meal.*

**Ala Carte Milk is .75**

**Daylight Saving Time was first proposed  
by Benjamin Franklin in 1784, as a way to  
save money on candles!**

**Spring forward  
on  
March 10**



Monday, March 11

Chicken Nuggets  
with a grain side

Hot Dog on a Bun

Yogurt & Bagel Plate with  
String Cheese

Tuesday, March 12

Asian Chicken  
with Rice

Hot Dog on a Bun

Yogurt & Bagel Plate with  
String Cheese

Wednesday, March 13

Pancakes  
with Chicken Sausage

Hot Dog on a Bun

Yogurt & Bagel Plate with  
String Cheese

Thursday, March 14

Cheese Pizza

Hot Dog on a Bun

Yogurt & Bagel Plate with  
String Cheese

Friday, March 15

Macaroni & Cheese  
with a Grain Side

Hot Dog on a Bun

Yogurt & Bagel Plate with  
String Cheese

Monday, March 18

Mini Corn Dog  
Nuggets

Cheese Pizza

Yogurt & Muffin Plate with  
String Cheese

Tuesday, March 19

Pasta with Meat or Plain  
Sauce

Cheese Pizza

Yogurt & Muffin Plate with  
String Cheese

Wednesday, March 20

**EARLY RELEASE**

Cheese Pizza

Yogurt & Muffin Plate with  
String Cheese

Thursday, March 21

Mozzarella Sticks with  
marinara dipping sauce

Cheese Pizza

Yogurt & Muffin Plate with  
String Cheese

Friday, March 22

French Toast with Chicken  
Sausage

Cheese Pizza

Yogurt & Muffin Plate with  
String Cheese

Monday, March 25

Cheese Filled Twisted  
Breadstick

Macaroni & Cheese

Yogurt & Cereal Plate with  
String Cheese

Tuesday, March 26

Chicken Patty on a Soft Bun

Macaroni & Cheese

Yogurt & Cereal Plate with  
String Cheese

Wednesday, March 27

Cheese Pizza

Macaroni & Cheese

Yogurt & Cereal Plate with  
String Cheese

Thursday, March 28

Popcorn Chicken  
with a grain side

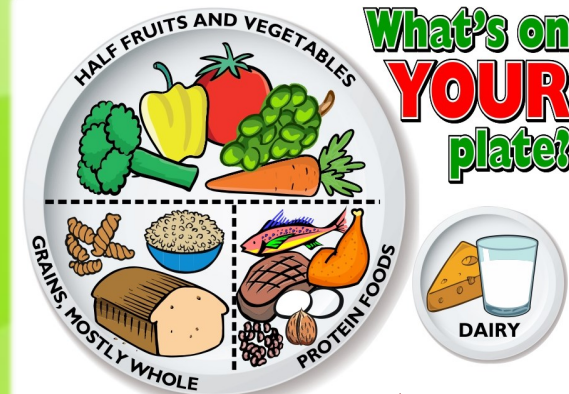
Macaroni & Cheese

Yogurt & Cereal Plate with  
String Cheese

Friday, March 29



**No  
School  
Today**



**What did the  
Teddy Bear  
say when  
he was  
offered  
dessert?**



**“No, thanks. I’m stuffed!”** Actually, that’s not a bad answer for a real kid, too. Foods that are mainly sugar, fat, or oil -- like candy and desserts -- are fine in small portions and once in awhile. But they should not replace healthy foods in your diet and they should not be an every day choice!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**NUTRITION TO GO**

**Turns out Grandma was right:  
chicken soup IS good for a cold!  
Chicken soup helps to ease cold  
symptoms by breaking up congestion,  
keeping you hydrated, and even acting  
as an anti-inflammatory. The taste  
and aroma can be therapeutic, too!  
There’s no cure for a cold, but a  
 piping hot bowl of soup can  
at least offer some relief.**

**A QUICK BITE FOR PARENTS**