

# Menus for March 2026

Roseville City School District

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

Spring  
Forward



Sunday,  
March 8



Wikimedia:  
Hesperian

THE **QUOKKA**, A CAT-SIZED MARSUPIAL, CARRIES ITS BABIES IN A POUCH -- ONE OF THE REASONS IT'S OFTEN CALLED THE **CUTEST** ANIMAL IN THE WORLD! BUT CUTENESS IS IN THE EYE OF THE BEHOLDER. IN 1696, A DUTCH EXPLORER NAMED THE AUSTRALIAN ISLAND WHERE QUOKKAS LIVE "ROTTNEST" -- OR "**RAT'S NEST**" -- BECAUSE HE THOUGHT THE CUDDLY CRITTERS LOOKED LIKE OVERGROWN RODENTS!

**STRANGE  
BUT TRUE!**

## PARALYMPIC WINTER GAMES



Milano Cortina, Italy March 6-15

Monday, March 2

**Breakfast**

SUNRISE BREAKFAST  
SANDWICH  
OR  
CEREAL  
OR  
CONTINENTAL BREAKFAST

**Lunch**

BREAKFAST FOR LUNCH  
OR  
ROTINI WITH MEAT SAUCE

Tuesday, March 3

**Breakfast**

YOGURT PARFAIT  
OR  
SCONE  
OR  
CONTINENTAL BREAKFAST

**Lunch**

CHEESE PIZZA  
OR  
CHICKEN TACO

Wednesday, March 4

**Breakfast**

MINI WAFFLES  
OR  
HOT OATMEAL  
WITH BERRIES  
OR  
CONTINENTAL BREAKFAST

**Lunch**

MACARONI & CHEESE  
OR  
CHICKEN SANDWICH

Thursday, March 5

**Breakfast**

EGG-CELLENT BITES WITH  
SAUSAGE & CHEESE  
OR  
CINNI MINNI  
OR  
CONTINENTAL BREAKFAST

**Lunch**

CHEESY BREADSTICKS  
OR  
ORANGE CHICKEN  
RICE BOWL

Friday, March 6

**Breakfast**

FRENCH TOAST STICKS  
OR  
CEREAL  
OR  
CONTINENTAL BREAKFAST

**Lunch**

GRILLED CHEESE  
SANDWICH  
OR  
CHICKEN TENDERS  
  
COOKIE

## ★ OUR NATION'S HISTORY ★



On March 6, 1836, the Alamo Mission in San Antonio, Texas fell to army of General Santa Ana of Mexico. The Alamo, defended by fewer than 200 men against several thousand soldiers, had held out for 13 days.

★ WITH LIBERTY & JUSTICE FOR ALL ★

Monday, March 9

**Breakfast**

CHEESY BREADSTICKS  
OR  
HOT OATMEAL  
WITH BERRIES  
OR  
CONTINENTAL BREAKFAST

**Lunch**

BREAKFAST FOR LUNCH  
OR  
TURKEY & CHEESE  
SANDWICH

Tuesday, March 10

**Breakfast**

EGG-CELLENT BITES WITH  
SAUSAGE & CHEESE  
OR  
MINI PANCAKES  
OR  
CONTINENTAL BREAKFAST

**Lunch**

CHEESE PIZZA  
OR  
BEEF & CHEESE TACO

Wednesday, March 11

**Breakfast**

FIESTA BREAKFAST BURRITO  
OR  
CEREAL  
OR  
CONTINENTAL BREAKFAST

**Lunch**

BEAN & CHEESE BURRITO  
OR  
CHEESEBURGER  
& FRIES

Thursday, March 12

**Breakfast**

TAQUITO WITH POTATO  
& CHEESE  
OR  
HAPPY HARD BOILED EGG  
OR  
CONTINENTAL BREAKFAST

**Lunch**

CHEESY BREADSTICKS  
OR  
TERIYAKI CHICKEN  
NOODLE BOWL

Friday, March 13

**Breakfast**

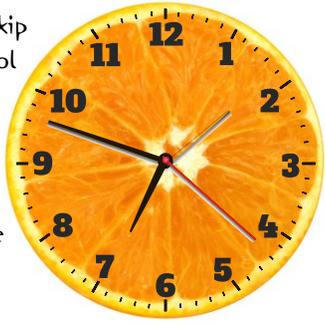
CINNAMON ROLL  
OR  
CEREAL  
OR  
CONTINENTAL BREAKFAST

**Lunch**

BEAN & CHEESE PUPUSA  
OR  
CRUNCHY FISH STICKS &  
CHIPS  
  
COOKIE

# SQUEEZED FOR TIME?

Up to 30% of kids skip breakfast every school day. Even if your mornings are frantic, you'll feel better all day and do better in school, too, if you've had a balanced, nutritious breakfast!



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

Monday, March 16	Tuesday, March 17	Wednesday, March 18	Thursday, March 19	Friday, March 20
<b>Breakfast</b> SUNRISE BREAKFAST SANDWICH OR CEREAL OR CONTINENTAL BREAKFAST	<b>Breakfast</b> YOGURT PARFAIT OR SCONE OR CONTINENTAL BREAKFAST	<b>Breakfast</b> MINI WAFFLES OR HOT OATMEAL WITH BERRIES OR CONTINENTAL BREAKFAST	<b>Breakfast</b> EGG-CELLENT BITES WITH SAUSAGE & CHEESE OR CINNI MINNI OR CONTINENTAL BREAKFAST	<b>Breakfast</b> FRENCH TOAST STICKS OR CEREAL OR CONTINENTAL BREAKFAST
<b>Lunch</b> BREAKFAST FOR LUNCH OR ROTINI WITH MEAT SAUCE	<b>Lunch</b> CHEESE PIZZA OR CHICKEN TACO	<b>Lunch</b> MACARONI & CHEESE OR CHICKEN SANDWICH	<b>Lunch</b> CHEESY BREADSTICKS OR ORANGE CHICKEN RICE BOWL	<b>Lunch</b> GRILLED CHEESE SANDWICH OR CHICKEN TENDERS  COOKIE



## Boost your Burrito!

Burritos made at home or at a Mexican restaurant, should **ALWAYS INCLUDE BEANS!** These tasty little wonders are a nutritional powerhouse, brimming with fiber, protein, and nutrients. For good nutrition, skimp on the cheese and load up on the beans!



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)

Monday, March 23	Tuesday, March 24	Wednesday, March 25	Thursday, March 26	Friday, March 27
<b>Breakfast</b> CHEESY BREADSTICKS OR HOT OATMEAL WITH BERRIES OR CONTINENTAL BREAKFAST	<b>Breakfast</b> EGG-CELLENT BITES WITH SAUSAGE & CHEESE OR MINI PANCAKES OR CONTINENTAL BREAKFAST	<b>Breakfast</b> FIESTA BREAKFAST BURRITO OR CEREAL OR CONTINENTAL BREAKFAST	<b>Breakfast</b> TAQUITO WITH POTATO & CHEESE OR HAPPY HARD BOILED EGG OR CONTINENTAL BREAKFAST	<b>Breakfast</b> CINNAMON ROLL OR CEREAL OR CONTINENTAL BREAKFAST
<b>Lunch</b> BREAKFAST FOR LUNCH OR TURKEY & CHEESE SANDWICH	<b>Lunch</b> CHEESE PIZZA OR BEEF & CHEESE TACO	<b>Lunch</b> BEAN & CHEESE BURRITO OR CHEESEBURGER & FRIES	<b>Lunch</b> CHEESY BREADSTICKS OR TERIYAKI CHICKEN NOODLE BOWL	<b>Lunch</b> CHEF'S CHOICE  COOKIE

Monday, March 30      Tuesday, March 31

# SPRING BREAK

March 30-April 6th

## Weird SCIENCE

### Make a RUBBER EGG!

**You'll Need:**

- ✓ a raw egg
- ✓ white vinegar
- ✓ a plastic container

- 1 Place the raw egg in the container and cover it with vinegar.
- 2 After 24 hours, gently prod the egg with your finger. Does it feel soft and elastic like rubber? (If not, replace the vinegar with fresh vinegar and wait another 24 hours.)
- 3 Congratulations! You have used the vinegar to "decalcify" the egg. The egg shell contains a substance called "calcium carbonate." The acid in the vinegar dissolves the calcium carbonate in the egg shell, and what's left is soft and flexible rather than hard and rigid. You've created a rubber egg!
- 4 Poke the egg (gently) with a fork until you pierce the shell and the yolk and white come out. The shell should look like a popped balloon!