

Menus for  
Middle School  
**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!**



AVAILABLE DAILY

Every complete meal we serve comes with the choice of entrée, fruit or vegetable sides and your choice of low fat white or chocolate milk.

Other daily LUNCH options:  
DELI SANDWICH  
LARGE SALAD  
PIZZA  
(select varieties)



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**

BEAN & CHEESE BURRITO  
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

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**

MACARONI & CHEESE  
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**

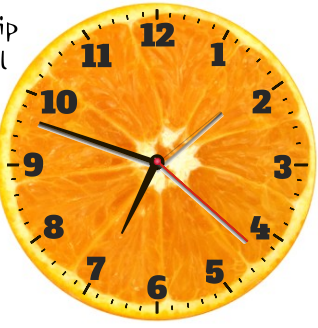
CINNAMON ROLL  
OR  
CEREAL  
OR  
CONTINENTAL BREAKFAST

**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**

**Breakfast**  
 SUNRISE BREAKFAST SANDWICH  
 OR  
 CEREAL  
 OR  
 CONTINENTAL BREAKFAST

**Lunch**  
 BREAKFAST FOR LUNCH  
 OR  
 ROTINI WITH MEAT SAUCE

**Tuesday, March 17**

**Breakfast**  
 YOGURT PARFAIT  
 OR  
 SCONE  
 OR  
 CONTINENTAL BREAKFAST

**Lunch**  
 CHEESE PIZZA  
 OR  
 CHICKEN TACO

**Wednesday, March 18**

**Breakfast**  
 MINI WAFFLES  
 OR  
 HOT OATMEAL WITH BERRIES  
 OR  
 CONTINENTAL BREAKFAST

**Lunch**  
 BEAN & CHEESE BURRITO  
 OR  
 CHICKEN SANDWICH

**Thursday, March 19**

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

**Lunch**  
 CHEESY BREADSTICKS  
 OR  
 ORANGE CHICKEN RICE BOWL

**Friday, March 20**

**Breakfast**  
 FRENCH TOAST STICKS  
 OR  
 CEREAL  
 OR  
 CONTINENTAL BREAKFAST

**Lunch**  
 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**

**Breakfast**  
 CHEESY BREADSTICKS  
 OR  
 HOT OATMEAL WITH BERRIES  
 OR  
 CONTINENTAL BREAKFAST

**Lunch**  
 BREAKFAST FOR LUNCH  
 OR  
 TURKEY & CHEESE SANDWICH

**Tuesday, March 24**

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

**Lunch**  
 CHEESE PIZZA  
 OR  
 BEEF & CHEESE TACO

**Wednesday, March 25**

**Breakfast**  
 FIESTA BREAKFAST BURRITO  
 OR  
 CEREAL  
 OR  
 CONTINENTAL BREAKFAST

**Lunch**  
 MACARONI & CHEESE  
 OR  
 CHEESEBURGER & FRIES

**Thursday, March 26**

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

**Lunch**  
 CHEESY BREADSTICKS  
 OR  
 TERIYAKI CHICKEN NOODLE BOWL

**Friday, March 27**

**Breakfast**  
 CINNAMON ROLL  
 OR  
 CEREAL  
 OR  
 CONTINENTAL BREAKFAST

**Lunch**  
 BEAN & CHEESE PUPUSA  
 OR  
 CRUNCHY FISH STICKS & CHIPS

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!