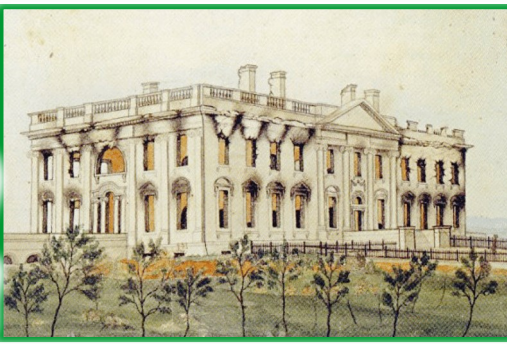


Menus for March 2024

Roseville City School District

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

OUR NATION'S HISTORY



During the month that we celebrate St. Patrick's Day, it's interesting to note that an Irish-born architect (James Hoban) designed and oversaw the building of the White House in Washington, D.C. -- not just once, but twice! Hoban first built the original White House in the 1790's, and he then rebuilt it after the British burned out the building during the War of 1812, as pictured here.

WITH LIBERTY & JUSTICE FOR ALL

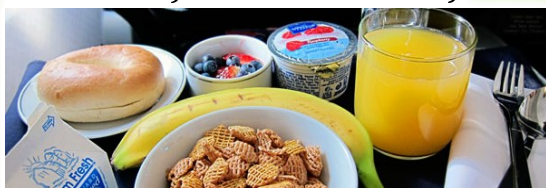
YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

FIRST THINGS FIRST!

This year, we've been telling you a lot about the educational and health benefits of eating a nutritious breakfast. Remember: kids can't do their best unless they're well fed in the morning!



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

Friday, March 1

Breakfast

FRENCH TOAST STICKS
OR
CONTINENTAL BREAKFAST

Lunch

MAC AND CHEESE
OR
CORN DOG

COOKIE

SWEET TOOTH

The Honey Badger of Africa and Asia is really closer to a weasel than a true badger, but one thing about its name is definitely true: the honey badger loves honey and will avidly seek out beehives to get at it. Of course, the honey badger will also eat pretty much anything it finds -- rodents, frogs, snakes, insects, turtles, birds, lizards, eggs, vegetables, and whatever else it comes across. They've even been known to chase away young lions and steal their kills. Guess the honey badger really doesn't care!

Monday, March 4

Breakfast

MINI WAFFLES
OR
CONTINENTAL BREAKFAST

Lunch

GRILLED CHEESE
OR
BEEF AND CHEESE TACO

Tuesday, March 5

Breakfast

CHEESEY BREADSTICKS
OR
CONTINENTAL BREAKFAST

Lunch

BREAKFAST FOR LUNCH
(MINI PANCAKES,
HASHBROWN &
YOGURT)
OR
TURKEY & CHEESE SANDWICH

Wednesday, March 6

Breakfast

BREAKFAST SANDWICH
OR
CONTINENTAL BREAKFAST

Lunch

CHEESE PIZZA
OR
CHEESEBURGER & FRIES

Thursday, March 7

Breakfast

MINI PANCAKES
OR
CONTINENTAL BREAKFAST

Lunch

CHEESEY BREADSTICKS
OR
ORANGE CHICKEN BOWL

Friday, March 8

Breakfast

CINNAMON ROLL
OR
CONTINENTAL BREAKFAST

Lunch

BEAN AND CHEESE BURRITO
OR
CRUNCHY FISH STICKS & CHIPS
COOKIE



Monday, March 11

Breakfast

BREAKFAST PIZZA
OR
CONTINENTAL
BREAKFAST

Lunch

GRILLED CHEESE
OR
CHICKEN NUGGETS

Tuesday, March 12

Breakfast

YOGURT PARFAIT
OR
CONTINENTAL
BREAKFAST

Lunch

BREAKFAST FOR LUNCH
(MINI PANCAKES,
HASHBROWN &
YOGURT)
OR
PASTA WITH MEAT
SAUCE

Wednesday, Mar. 13

Breakfast

SCONES
OR
CONTINENTAL
BREAKFAST

Lunch

CHEESE PIZZA
OR
CHICKEN PATTY
SANDWICH

Thursday, March 14

Breakfast

CINNI MINI
OR
CONTINENTAL
BREAKFAST

Lunch

CHEESEY
BREADSTICKS
OR
TERIYAKI CHICKEN
BOWL

Friday, March 15

Breakfast

FRENCH TOAST
STICKS
OR
CONTINENTAL
BREAKFAST

Lunch

CHEF'S CHOICE

COOKIE

Monday, March 18

Breakfast

MINI WAFFLES
OR
CONTINENTAL
BREAKFAST

Lunch

GRILLED CHEESE
OR
BEEF AND CHEESE
TACO

Tuesday, March 19

Breakfast

CHEESEY BREADSTICKS
OR
CONTINENTAL
BREAKFAST

Lunch

BREAKFAST FOR LUNCH
(MINI PANCAKES,
HASHBROWN &
YOGURT)
OR
TURKEY & CHEESE
SANDWICH

Wednesday, Mar. 20

Breakfast

BREAKFAST
SANDWICH
OR
CONTINENTAL
BREAKFAST

Lunch

CHEESE PIZZA
OR
CHEESEBURGER
& FRIES

Thursday, March 21

Breakfast

MINI PANCAKES
OR
CONTINENTAL
BREAKFAST

Lunch

CHEESEY
BREADSTICKS
OR
ORANGE CHICKEN
BOWL

Friday, March 22

Breakfast

CINNAMON ROLL
OR
CONTINENTAL
BREAKFAST

Lunch

BEAN AND CHEESE
BURRITO
OR
CRUNCHY FISH STICKS
& CHIPS
COOKIE



**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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Now Appearing ...

SPRING BREAK!

A FUN!FUN!FUN! PRODUCTION. STARRING YOU AND YOUR FRIENDS. SPECIAL LIMITED ENGAGEMENT.

No school:
3/25-4/1

Classes resume:
Tuesday, 4/2

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