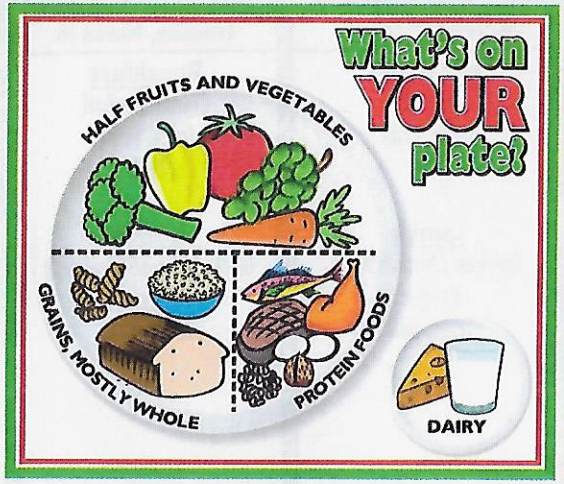
AROMAS SAN JUAN USD

menus for MARCH 2021

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

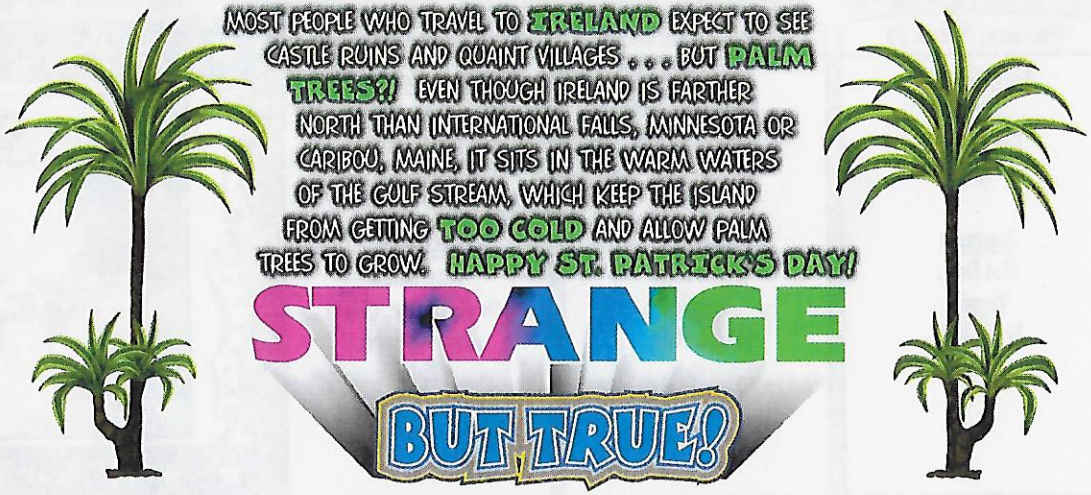
Monday, March 1	Tuesday, March 2
Breakfast Cereal Juice, Fruit Milk **Lunch** Chicken Nuggets Veggies Fruit, Milk	**Breakfast** Blueberry Muffin Juice, Fruit Milk **Lunch** Nachos Sunflower Seeds Veggies Fruit, Milk



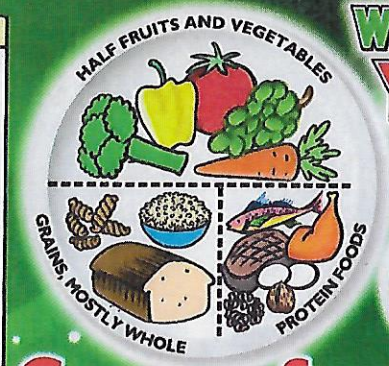
Wednesday, March 3	Thursday, March 4	Friday, March 5	Monday, March 8	Tuesday, March 9	Wednesday, March 10	Thursday, March 11
Breakfast Cereal Juice, Fruit Milk **Lunch** Macaroni and Cheese Veggies Fruit, Milk	**Breakfast** Pan Dulce Juice, Fruit Milk **Lunch** Chicken Tamale Sunflower Seeds Veggies Fruit, Milk	**Breakfast** Cereal Juice, Fruit Milk **Lunch** Pizza Factory Veggies Fruit, Milk	**NO SCHOOL** **TEACHER WORK DAY** **K-8**	**Breakfast** Cereal Juice, Fruit Milk **Lunch** Pizza Stick Veggies Fruit, Milk	**Breakfast** Oatmeal Bar Juice, Fruit Milk **Lunch** Pupusa Veggies Fruit, Milk	**Breakfast** Cereal Juice, Fruit Milk **Lunch** Breaded Chicken Veggies Fruit, Milk

Friday, March 12
Breakfast Yogurt Parfait Juice, Fruit Milk **Lunch** Pizza Factory Veggies Fruit, Milk

The world-famous astrological clock has been spinning away in Prague, Czech Republic, for over 600 years. However your family keeps time, don't forget to set your clocks ahead one hour for Daylight Savings Time on Sunday, March 14!



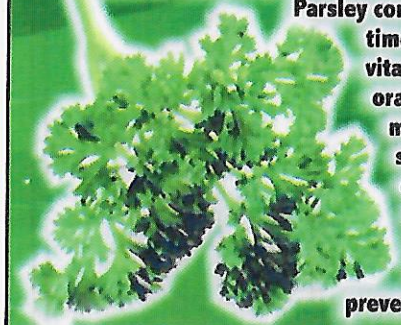
Monday, March 15	Tuesday, March 16	Wednesday, March 17	Thursday, March 18	Friday, March 19
Breakfast Cereal Juice, Fruit Milk **Lunch** Chicken Chimichanga Veggies Fruit, Milk	**Breakfast** Cinnamon Roll Juice, Fruit Milk **Lunch** Grilled Cheese Sandwich Veggies Fruit, Milk	**Breakfast** Cereal Juice, Fruit Milk **Lunch** Chicken Quesadilla Veggies Fruit, Milk	**Breakfast** Banana Bread Juice, Fruit Milk **Lunch** Cheeseburger Veggies Fruit, Milk	**Breakfast** Cereal Juice, Fruit Milk **Lunch** Pizza Factory Veggies Fruit, Milk
Monday, March 22	**Tuesday, March 23**	**Wednesday, March 24**	**Thursday, March 25**	**Friday, March 26**
Breakfast Muffin Juice, Fruit Milk **Lunch** Teriyaki Chicken Bowl Rice, Veggies Fruit, Milk	**Breakfast** Cereal Juice, Fruit Milk **Lunch** **BREAKFAST FOR LUNCH** **Sausage Sandwich** **Veggies, Fruit** **Milk**	**Breakfast** Pancakes Syrup Juice, Fruit **Lunch** Turkey Sub Veggies, Fruit Chips, Milk	**Breakfast** Cereal Juice, Fruit Milk **Lunch** Chicken Sandwich Veggies Fruit, Milk	**Breakfast** Bagel Juice, Fruit Milk **Lunch** Pizza Factory Veggies Fruit, Milk
Monday, March 29	**Tuesday, March 30**	**Wednesday, March 31**		
Breakfast Cereal Juice, Fruit Milk **Lunch** Hot Dogs Veggies Fruit, Milk	**Breakfast** Cinnamon Roll Juice, Fruit Milk **Lunch** Pizza Stick Veggies Fruit, Milk	**Breakfast** Cereal Juice, Fruit Milk **Lunch** Taco Salad (meat, cheese, chips) Veggies, Fruit Milk		



What's on YOUR plate?

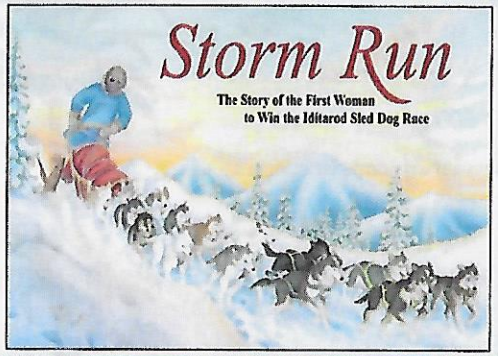
Superfood?!

Did you know that Parsley is a vegetable? We mainly use it as a cooking herb or as garnish to make a plate look nice, but you'd do well to munch it rather than toss it out when you scrape your plate. Parsley contains three times as much vitamin C as oranges, twice as much iron as spinach, and lots of vitamin A and minerals, too. Plus, chewing parsley helps prevent bad breath!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Our Nation's History



As a teenager, Libby Riddles moved to Alaska and soon fell in love with sled dogs and the sport of "mushing," or racing sled dogs. She soon developed a dream to win the famous IDITAROD, a grueling 1,157 mile race across the frigid interior of Alaska, where wind chills can reach -100° F! On March 20, 1985, Riddles realized her dream and became the first woman to win the Iditarod, finishing the race in just over 18 days. She wrote a book about her experience called "Storm Run."

With Liberty & Justice for All