



MARCH 2024

Surf's UP with School Breakfast!

*Catch the great breakfast wave
with us during
National School Breakfast Week
March 4th-8th!*



Make it twice the fun! Talk like a surfer week!
Aloha! That traffic can get gnarly on Friday afternoons! Don't wipe out, brah, eat breakfast! Brah, that lunch was righteous today. Dude, I am so stoked about this month's menu! Hey, don't be bailing man ~the school year's almost over! We are so amped it's almost spring break!

MONDAYS

Assorted Bagels
w/ Cream Cheese
& Sausage Links
OR
Pancakes
& Sausage Links

Assorted Fruit
100% Juice
Choice of Milk

TUESDAYS

Fruit & Yogurt
Parfait
OR
Assorted
Muffins

Assorted Fruit
100% Juice
Choice of Milk

WEDNESDAYS

Cheese Grits
Bowl
w/ Sausage Links
OR
VanillaBoli w/
Sausage Links

Assorted Fruit
100% Juice
Choice of Milk

THURSDAYS

Sausage
Biscuit
OR
Cinnamon
Oatmeal

Assorted Fruit
100% Juice
Choice of Milk

FRIDAYS

Ham & Cheese
Muffin
OR
Cinnamon
Roll

Assorted Fruit
100% Juice
Choice of Milk

Daily Option: Cereal, Fresh Fruit,
100% Juice, Choice of Milk

**Don't wipe out
before lunch!**
**Eat breakfast each morning to
help fuel your day!**





MARCH



Celebrating National Nutrition Month

Friday, March 1

Pizza
Buttery Corn
Crispy Potato Tots
Raw Baby Carrots/Dip
Assorted Fruit
100% Juice
Choice of Milk



READ ACROSS AMERICA DAY



Saturday, March 2

Monday, March 4

Chicken Fingers
Creamed Potatoes & Gravy
Steamed Broccoli & Cheese
Sauce
Baked Roll
Assorted Fruit
100% Juice
Choice of Milk

Tuesday, March 5

Cheeseburger/Hamburger
Lettuce/Tomato/Pickles
Waffle Potatoes
Baked Beans
Fresh Cucumber Salad
Assorted Fruit
100% Juice
Choice of Milk

Wednesday, March 6

Grilled Cheese
Choice of Baked Chips
Garden Side Salad
Vegetable Soup w/ Crackers
Assorted Fruit
100% Juice
Choice of Milk

March is National Nutrition Month!

This year's theme is "Beyond the Table". Have you ever thought about all of the steps that must be completed to make sure you have something healthy to eat? From the farm, to the store, to the table— safety practices and more have been put in place to make our food safer. Do your part by learning about nutrition, food safety, and yes...washing those hands!



Bon Appétit!

Thursday, March 7

Teriyaki Chicken
Vegetable Fried Rice
Sauteed Zucchini and Onions
Dumplings w/ Thai Sweet
Chili Sauce
Assorted Fruit
100% Juice
Choice of Milk



Friday, March 8

Yogurt Cruncher Lunch
Yogurt
Mozzarella Cheese Stick
WG Soft Pretzel
w/ Cheese Sauce
Raw Broccoli & Carrots
w/ Dipping Sauce
Assorted Fruit
Assorted Cookies
100% Juice
Choice of Milk

Remember to
**SPRING
FORWARD**
one hour on
**Sunday,
March 10th!**



Monday, March 11

Chicken Fajita Nachos
Seasoned Black Beans
Buttery Corn
Queso/Salsa/Sour Cream
Assorted Fruit
100% Juice
Choice of Milk

Tuesday, March 12

Mandarin Orange Chicken
Chow Mein Noodles
Steamed Broccoli
Sweet Chili Roasted
Brussel Sprouts
Egg Roll
Assorted Fruit
100% Juice
Choice of Milk

Wednesday, March 13

UPDATED 03/06/2024

Clux Deluxe
Lettuce/Tomato/Pickles
Waffle Potatoes
Baked Beans
Roasted Buffalo Cauliflower
Assorted Fruit
100% Juice
Choice of Milk



Harvest of the Month ROOT VEGETABLES

We're celebrating root veggies in March. Try beets, carrots, or radishes this month! A great way to add all three at one meal? Create a "salad bar" for dinner! Start with your favorite salad greens. Provide choices of thinly sliced pickled beets, sliced radishes, baby carrots, whole-grain croutons, sliced boiled egg, grilled chicken, and low fat dressing. Yum! I'm rooting for veggies!

Thursday, March 14

Chicken and Rice
Seasoned Green Beans
Glazed Carrots
Cinnamon Roll
Assorted Fruit
100% Juice
Choice of Milk

Friday, March 15

Staff Workday
Student Holiday
NO SCHOOL TODAY



Monday, March 18

Mini Cheese Bites
w/ Marinara
Buttery Corn
Breaded Zucchini Sticks
Crispy Potato Tots
Assorted Fruit
100% Juice
Choice of Milk



Tuesday, March 19

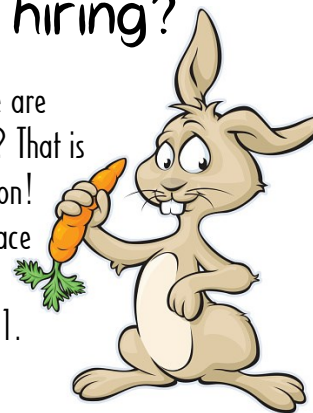
UPDATED 03/06/24

BBQ Pulled Pork Sandwich
Brunswick Stew
Baked Beans
Pasta Salad
Assorted Fruit
100% Juice
Choice of Milk



Did some bunny tell you we are hiring?

Want some extra money but not the commitment of a full-time job? We are always looking for substitutes to work in our kitchens! Have experience? That is always a plus, but not mandatory for substitutes. We train the right person! When a full-time position does become available, subs are in a great place to "hop" into a new career! Apply online today on the district website: BryanCountySchools.org. Questions? Please call (912) 459-5121.



Wednesday, March 20

Chicken Fingers
Creamed Potatoes & Gravy
Steamed Broccoli & Cheese
Sauce
Baked Roll
Assorted Fruit
100% Juice
Choice of Milk



Running Low on Funds? It Isn't Too Late to Apply for Free or Reduced Meals!

Sometimes life gets hard. Unexpected bills come up. There is a lay off at work. It's OK! "This too shall pass!" During this little low time, apply for free or reduced meals for your kids! It's a great way to help you get back on your feet again AND not have to worry about your kids eating during the school day. You can apply online on the district website. Just check out the School Nutrition Program page for the application icon and more information.

Thursday, March 21

Spaghetti w/ Meat Sauce
Garlic Bread
Glazed Carrots
Caesar Salad
Assorted Fruit
100% Juice
Choice of Milk



Friday, March 22

Kid-Cuterie
Turkey and Cheese Cubes
WG Crackers
Trail Mix
Fresh Cucumber w/ Dip
Assorted Cookies
Assorted Fruit
100% Juice
Choice of Milk

Monday, March 25

Crispy Beef & Cheese
Street Tacos
Buttery Corn
Refried Beans
Tortilla Chips w/ Salsa
Assorted Fruit
100% Juice
Choice of Milk



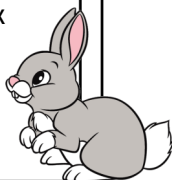
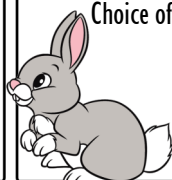
Tuesday, March 26

Hot Dog w/ Chili
Onion Rings
Potato Salad
Seasoned Green Beans
Assorted Fruit
100% Juice
Choice of Milk



Wednesday, March 27

Ranch Baked Chicken
w/ Cornbread
Macaroni and Cheese
Seasoned Collard Greens
Sweet Peas
Assorted Fruit
100% Juice
Choice of Milk



Thursday, March 28

Cheeseburger/Hamburger
Lettuce/Tomato/Pickle
Breaded Okra
Broccoli Salad
Cinnamon Sugar Roasted
Chickpeas
Assorted Fruit
100% Juice
Choice of Milk

Friday, March 29

Sweet Chili Boneless
Chicken Wings
Shoestring Potatoes
Raw Celery & Carrots
w/Dip
Garden Side Salad
WG Soft Pretzel
w/ Cheese Sauce
Assorted Fruit
100% Juice
Choice of Milk

Spring Break
April 1st - 5th

Classes Resume April 8th

**Have a happy & safe
spring break!**





MARCH



Celebrating National Nutrition Month

Wednesday, March 6

Grilled Cheese
Choice of Baked Chips
Garden Side Salad
Vegetable Soup w/ Crackers
Assorted Fruit
100% Juice
Choice of Milk

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Bon Appétit!

Friday, March 1

Pizza
Buttery Corn
Crispy Potato Tots
Raw Baby Carrots/Dip
Assorted Fruit
100% Juice
Choice of Milk



READ ACROSS AMERICA DAY



Saturday, March 2

Monday, March 4

Chicken Fingers
Creamed Potatoes & Gravy
Steamed Broccoli & Cheese
Sauce
Baked Roll
Assorted Fruit
100% Juice
Choice of Milk

Tuesday, March 5

Cheeseburger/Hamburger
Lettuce/Tomato/Pickles
Waffle Potatoes
Baked Beans
Fresh Cucumber Salad
Assorted Fruit
100% Juice
Choice of Milk

Wednesday, March 6

Grilled Cheese
Choice of Baked Chips
Garden Side Salad
Vegetable Soup w/ Crackers
Assorted Fruit
100% Juice
Choice of Milk

Thursday, March 7

Teriyaki Chicken
Vegetable Fried Rice
Sautéed Zucchini and Onions
Dumplings w/ Thai Sweet
Chili Sauce
Assorted Fruit
100% Juice
Choice of Milk



Friday, March 8

Fire Glazed or Garlic
Parmesan Chicken Wings
Shoestring Potatoes
Raw Celery and Carrots
w /Dip
Garden Side Salad
WG Soft Pretzel
w/ Cheese Sauce
Assorted Fruit
100% Juice
Choice of Milk

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Chicken Fajita Nachos
Seasoned Black Beans
Buttery Corn
Queso/Salsa/Sour Cream
Assorted Fruit
100% Juice
Choice of Milk

Tuesday, March 12

Mandarin Orange Chicken
Chow Mein Noodles
Steamed Broccoli
Sweet Chili Roasted
Brussel Sprouts
Egg Roll
Assorted Fruit
100% Juice
Choice of Milk

Wednesday, March 13

BBQ Pulled Pork Sandwich
Brunswick Stew
Baked Beans
Roasted Buffalo Cauliflower
Assorted Fruit
100% Juice
Choice of Milk



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Thursday, March 14

Chicken and Rice
Seasoned Green Beans
Glazed Carrots
Cinnamon Roll
Assorted Fruit
100% Juice
Choice of Milk

Friday, March 15

Staff Workday
Student Holiday

NO SCHOOL TODAY



Monday, March 18

Calzone
Buttery Corn
Breaded Zucchini Sticks
Crispy Potato Tots
Assorted Fruit
100% Juice
Choice of Milk



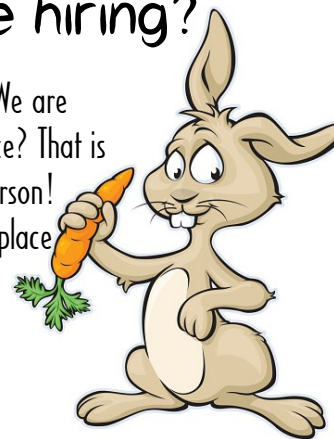
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Pasta Salad
Assorted Fruit
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Choice of Milk

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Garlic Bread
Glazed Carrots
Caesar Salad
Assorted Fruit
100% Juice
Choice of Milk



Friday, March 22

Buffalo Chicken Flatbread
Crinkle Potatoes
Seasoned Green Beans
Garden Side Salad
Assorted Fruit
100% Juice
Choice of Milk



Monday, March 25

Crispy Beef & Cheese
Street Tacos
Mexican Street Corn
Refried Beans
Tortilla Chips w/ Salsa
Assorted Fruit
100% Juice
Choice of Milk

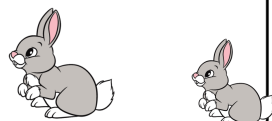
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Hot Dog w/ Chili
Onion Rings
Potato Salad
Seasoned Green Beans
Assorted Fruit
100% Juice
Choice of Milk



Wednesday, March 27

Ranch Baked Chicken
w/ Cornbread
Macaroni and Cheese
Seasoned Collard Greens
Sweet Peas
Assorted Fruit
100% Juice
Choice of Milk



Thursday, March 28

Cheeseburger/Hamburger
Lettuce/Tomato/Pickle
Breaded Okra
Broccoli Salad
Cinnamon Sugar
Roasted Chickpeas
Assorted Fruit
100% Juice
Choice of Milk

Friday, March 29

Fire Glazed or Sweet Chili
Chicken Wings
Shoestring Potatoes
Raw Celery w/Dip
Garden Side Salad
WG Soft Pretzel
w/ Cheese Sauce
Assorted Fruit
Choice of Milk

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