

March 2024



Waverly Middle School

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

THE

Top 10 Artists
for all of 2023

LIST

1/Taylor Swift
2/Morgan Wallen 3/SZA
4/Drake 5/Luke Combs
6/Zach Bryan 7/The Weeknd
8/21 Savage 9/Miley Cyrus
10/Post Malone

Source: Billboard

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

WG Cinni Minnis - 35g
And/or Cereal Bowl
Fruit, 100% Juice, Milk

Lunch

Egg & Cheese
Biscuit Breakfast
Sandwich 32g
Cinni Minni Roll
40g

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

Chefs Choice

Lunch

. BBQ Shredded
Pork Sandwich 18g
on Hoagie Bun 26g
Fresh Fruit, Fresh
Vegetable
Fries 44g

Tuesday, March 5

Breakfast

Chefs Choice

Lunch

Scalloped Potatoes
& Ham 28.5g
2-Dinner Roll

Wednesday, March 6

Breakfast

Chefs Choice

Lunch

Softshell
Chicken Taco 54g
Spanish Rice 38g &
Dorito Chips
Sour Cream/Salsa

Thursday, March 7

No School

Friday, March 8

No School



Monday, March 11

No School

Tuesday, March 12

No School

Wed, March 13

Breakfast

Pancake Bites 37g & Cereal Bowl, Fruit, 100% Juice Milk

Lunch

Breaded Chicken Sandwich Fries 44g

Thursday, March 14

Breakfast

Cinnamon Toast Crunch Pastry 41g And/or Cereal Bowl Fruit, 100% Juice

Lunch

Rotini & Meat Sauce 82g Cheese Breadstick 25g

Friday, March 15

Breakfast

Breakfast Pizza - 23g And/or Cereal Bowl Fruit, 100% Juice, Milk

Lunch

Fish Sticks 33g Fries 44g Tartar Sauce 0g 2-Dinner Roll 20g each

Monday, March 18

Breakfast

Breakfast Cookie 44g And/or Cereal Bowl Fruit, 100% Juice, Milk

Lunch

Orange Chicken 19g Seasoned Rice 38g Egg Roll 21g Soy sauce Fresh Fruit, Fresh Vegetable Milk

Tuesday, March 19

Breakfast

Cocoa Puff Pastry 45g & Cereal Bowl, Fruit, 100% Juice Milk

Lunch

Waffles 31.1g & Sausage Patties 0g Egg Patties 2g

Wed, March 20

Breakfast

French Toast Sticks 38g & Cereal Bowl Fruit, 100% Juice, Milk

Lunch

Grilled Chicken and Cheese Sandwich 28g WG Chip

Thursday, March 21

Breakfast

WG Cinni Minnis - 35g And/or Cereal Bowl Fruit, 100% Juice, Milk

Lunch

Turkey 12g Mashed Potatoes Gravy 34g 2-Dinner Roll (20g each)

Friday, March 22

Breakfast

Mini Waffles - 35g & Cereal Bowl Fruit, 100% Juice, Milk

Lunch

Beef Fiestada 43g Cinnamon Churro 31g Fresh Fruit, Fresh Vegetable Milk

Monday, March 25

Breakfast

Pancake Bites 37g & Cereal Bowl, Fruit, 100% Juice Milk

Lunch

Popcorn Chicken 19g Dipping Sauce Dinner Roll 20g WG Chip

Tuesday, March 26

Breakfast

Maple Waffle 30g & Cereal Bowl, Fruit, 100% Juice Milk

Lunch

Bacon Double Cheeseburger - 33g Fries 44g

Wed, March 27

Breakfast

Cinnamon Toast Crunch Pastry 41g And/or Cereal Bowl Fruit, 100% Juice

Lunch

Chef's Choice

Thursday, March 28

Breakfast

Breakfast Pizza - 23g And/or Cereal Bowl Fruit, 100% Juice, Milk

Lunch

Chef's Choice

Friday, March 29

No School



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