

Henry County Schools Virtual, Remote Learners

# menus for MARCH 2021

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

## CURBSIDE CHOW

Always delicious. Always FREE for all students.  
Always prepared for your family with love.

**WHAT** A nutritious variety of ready-to-eat and heat-at-home meals, plus fresh fruit, veggies, milk, and lots more

**WHEN** Wednesdays 11am-1pm at your child's cluster school site (see school list below)

**WHERE**

Dutchtown High	Locust Grove High
Hampton Middle	Eagles Landing Middle
Luella High	McDonough Middle
Ola High	Union Grove Middle
Stockbrige Middle	Woodland High

## DON'T 4GET!

**\*FOR STUDENTS LEARNING REMOTELY AT HOME, PARENTS WILL NEED TO PRE ORDER MEALS USING [MYSCHOOLBUCKS.COM](https://myschoolbucks.com) NO LATER THAN MONDAY 5PM BEFORE WEDNESDAY CURB SIDE PICK UP DATES. THIS IS TO ENSURE ADEQUATE MEALS ARE PREPARED. ALSO, KEEP YOUR FOOD COLD & REHEAT ACCORDING TO THE FOOD SAFETY TIPS PROVIDED.**

<p><b>Wednesday, March 3</b></p> <p><b>Breakfast</b> Sausage Biscuit</p> <p><b>Lunch</b> Spaghetti w/ Roll Steamed Broccoli Florets Carrot Sticks w/Ranch Fresh Fruit</p>	<p><b>Thursday, March 4</b></p> <p><b>Breakfast</b> Mini Donuts</p> <p><b>Lunch</b> Hot Dog Carrot Sticks w/Ranch Celery Sticks w/Ranch Frozen Juice Cup</p>	<p><b>Friday, March 5</b></p> <p><b>Breakfast</b> Assorted Cereal</p> <p><b>Lunch</b> Stuffed Crust Pizza Garden Salad w/Ranch Whole Kernel Corn Fresh Fruit</p>	<p><b>Monday, March 8</b></p> <p><b>Breakfast</b> Blueberry Mini Pancakes</p> <p><b>Lunch</b> Crispito w/Salsa Pinto Beans Grape Tomatoes w/ Ranch Fresh Fruit</p>
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<p><b>Tuesday, March 9</b></p> <p><b>Breakfast</b> Frosted Breakfast Pastry</p> <p><b>Lunch</b> PB&amp;J /Wow Sandwich* w/ Chips Carrot Sticks w/Ranch Celery Sticks w/Ranch Fresh Fruit</p>
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### Celebrate National School Breakfast Week!!

**SCORE BIG SCHOOL BREAKFAST**

HOME  Did You Have School Breakfast Today? VISITORS

 @SchoolNutritionAssociation    
  @SchoolLunch    
  @Schoolnutritionassoc

**#NSBW21**

<p><b>Wednesday, March 10</b></p> <p><b>Breakfast</b> Sausage Biscuit</p> <p><b>Lunch</b> Popcorn Chicken w/ Roll Mashed Potatoes Steamed Broccoli Florets Fresh Fruit</p>	<p><b>Thursday, March 11</b></p> <p><b>Breakfast</b> Breakfast Bun</p> <p><b>Lunch</b> Grilled Chicken Garden Salad Fresh Fruit</p>	<p><b>Friday, March 12</b></p> <p><b>Breakfast</b> Assorted Cereal</p> <p><b>Lunch</b> Stuffed Crust Pizza Garden Salad w/Ranch Whole Kernel Corn Fresh Fruit</p>	<p><b>Monday, March 15</b></p> <p><b>Breakfast</b> Strawberry Mini Pancakes</p> <p><b>Lunch</b> MaxSnax Tacos w/ Salsa Black Beans Grape Tomatoes w/ Ranch Frozen Juice Cup</p>	<p><b>Tuesday, March 16</b></p> <p><b>Breakfast</b> Frosted Breakfast Pastry</p> <p><b>Lunch</b> Deli Turkey Sandwich* w/ Chips Carrot Sticks w/Ranch Celery Sticks w/Ranch Fresh Fruit</p>
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Wednesday, March 17

**Breakfast**  
Sausage Biscuit

**Lunch**  
Chicken Nuggets w/ Roll  
Mashed Potatoes  
Steamed Broccoli Florets  
Fresh Fruit

Thursday, March 18

**Breakfast**  
Breakfast Bun

**Lunch**  
BBQ Sandwich  
Carrot Sticks w/Ranch  
Celery Sticks w/Ranch  
Frozen Juice Cup

Friday, March 19

**Breakfast**  
Assorted Cereal

**Lunch**  
Stuffed Crust Pizza  
Garden Salad w/Ranch  
Whole Kernel Corn  
Fresh Fruit

Monday, March 22

**Breakfast**  
Blueberry Mini Pancakes

**Lunch**  
Crispito w/Salsa  
Pinto Beans  
Grape Tomatoes w/ Ranch  
Fresh Fruit



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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Tuesday, March 23

**Breakfast**  
Frosted Breakfast Pastry

**Lunch**  
PB&J /Wow Sandwich\* w/ Chips  
Carrot Sticks w/Ranch  
Celery Sticks w/Ranch  
Fresh Fruit

Wednesday, March 24

**Breakfast**  
Sausage Biscuit

**Lunch**  
Spaghetti w/ Roll  
Steamed Broccoli Florets  
Carrot Sticks w/Ranch  
Fresh Fruit

Thursday, March 25

**Breakfast**  
Mini Donuts

**Lunch**  
Ranch Chicken Sandwich  
Carrot Sticks w/Ranch  
Celery Sticks w/Ranch  
Frozen Juice Cup

Friday, March 26

**Breakfast**  
Assorted Cereal

**Lunch**  
Stuffed Crust Pizza  
Garden Salad w/Ranch  
Whole Kernel Corn  
Fresh Fruit

Monday, March 29

**Breakfast**  
Strawberry Mini Pancakes

**Lunch**  
MaxSnax Tacos w/ Salsa  
Black Beans  
Grape Tomatoes w/ Ranch  
Frozen Juice Cup

Tuesday, March 30

**Breakfast**  
Frosted Breakfast Pastry

**Lunch**  
Deli Turkey Sandwich\* w/ Chips  
Carrot Sticks w/Ranch  
Celery Sticks w/Ranch  
Fresh Fruit

Wednesday, March 31

**Breakfast**  
Sausage Biscuit

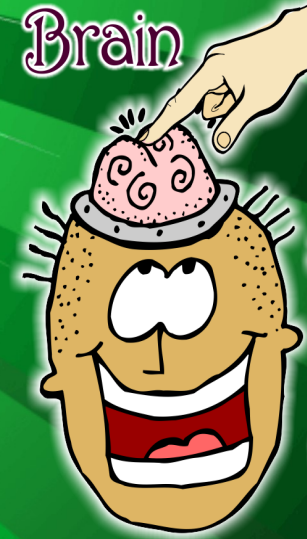
**Lunch**  
Popcorn Chicken w/ Roll  
Mashed Potatoes  
Steamed Broccoli Florets  
Fresh Fruit

# eat fit wanna stay fit? gotta eat right!



**item:** fruits & veggies  
**verdict:** go green

**tip:** Go ahead and eat as much of any of these babies as you want - green, sure, but red, yellow, purple, and every other color, too. Go for the greens with every meal and every snack!



**Ticklers**  
What's Irish and sits on the porch?

(Hold the page upside down and read it in a mirror for the answer!)

Health & Wellness