## Menu for March 2020

**Horace Mann Elementary School**  
**Shawnee Public Schools**

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

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**SCHOOL BREAKFAST OUT OF THIS WORLD!™**

Kids! Join us March 2-6 for National School Breakfast Week 2020. It is out of this world!

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### Menus for March 2020

**Monday, March 2**
- **Breakfast**: “Black Hole” Breakfast Burrito
- **Lunch**: “Dr Seuss Menu”
  - One Fish-Grilled Cheese Fish
  - Two Fish-Sticks
  - Red Fish-Tomato Soup w/Goldfish Crackers
  - Blue Fish-Applesauce w/Goldfish Graham
- **Carrot Sticks**

**Tuesday, March 3**
- **Breakfast**: “Galactic” Breakfast Pizza
- **Lunch**: Crispy Taco w/Salsa
- **Refried Beans**
- **Tortilla Chips**
- **Fruit**

**Wednesday, March 4**
- **Breakfast**: “SpaceCadet” Muffin
- **Lunch**: Chicken Strips
- **Mashed Potatoes**
- **Salad**
- **Fruit**

**Thursday, March 5**
- **Breakfast**: “Satellite” Scrambled Eggs & Toast
- **Lunch**: Grilled Chicken Alfredo w/Ripstick
- **Raw Broccoli**
- **Carrots**
- **Fruit**

**Friday, March 6**
- **Breakfast**: “Planetary” Pancake on a Stick
- **Lunch**: BBQ Sandwich
- **Burger Fixin’s Coleslaw**
- **Fruit**

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- **Available for Breakfast**: Milk and Fruit, as well as an additional option of Cereal.
- **All menu items are Whole Grain Rich.**
- **Peanut allergies? Don’t worry – our menus are peanut-free.**
- **Additional fruit may be served, but not menued.**

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**Looking for a job that lets you be at home when your family needs you there?**

**Come join our team!**

Call today for more information. 878-1028

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**Oh, the Places You’ll Go!**

March 2 is "Read Across America" Day
### Menus on the Web

**MENUS ON THE WEB!**

**SURF OVER TO**

www.shawnee.k12.ok.us

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**HEALTHY SPUDS!**

It’s easy and fun to make healthy and delicious “french fries” at home. Cut a medium potato (unpeeled) in quarters lengthwise, and then slice each quarter lengthwise into 3 or 4 fries. Toss with a tablespoon or two of olive oil in a zipped gallon bag, spread on a baking sheet (use parchment paper for easier clean up), sprinkle with salt and pepper, and bake at 425 for about 20 minutes or until desired crispness.

Use 2 potatoes for every 3 people.

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

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### Start Fresh With Fruit!

Every complete Breakfast@School must include a serving of fruit. That’s putting FIRST THINGS FIRST!

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### Get out your Ghillies!

Traditional Irish dancers wear colorful outfits and either hard dance shoes (“jig shoes”) or soft dance shoes (“ghillies”).

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### Spring Break

**Break begins at the end of classes:**

- **Friday, March 13**
  - **Breakfast:** WGR Poptart
  - **Lunch:** Pizza
  - **Salad:** Green Beans
  - **Fruit:**

**Classes resume:**

- **Monday, March 23**
  - **Breakfast:** French Toast Sticks
  - **Lunch:** Pizza
  - **Salad:** Green Beans
  - **Fruit:**

**Monday, March 27**

- **Breakfast:** Muffin
  - **Lunch:** Hot Dogs

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**Monday, March 23**

- **Breakfast:** French Toast Sticks
  - **Lunch:** Pizza
  - **Salad:** Green Beans
  - **Fruit:**

**Tuesday, March 24**

- **Breakfast:** Bacon, Egg, & Cheese Biscuit
  - **Lunch:** Nachos w/Nacho Fixin’s
  - **Beans:**
  - **Salsa:**
  - **Fruit:**

**Wednesday, March 26**

- **Breakfast:** Yogurt Parfait
  - **Lunch:** Popcorn Chicken
  - **Corn:**
  - **Salad:**
  - **Fruit:**

**Thursday, March 26**

- **Breakfast:** Breakfast Pizza
  - **Lunch:** Spaghetti w/Meatballs
  - **Italian Vegetables:**
  - **Fruit:**

**Friday, March 27**

- **Breakfast:** Muffin
  - **Lunch:** Hot Dogs

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**March 17 St. Patrick’s Day**