## Menu for March 2020
**Jefferson Elementary**  
Shawnee Public Schools

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

### Breakfast
- **Monday, March 2**:  
  **Breakfast**: Dr Seuss Breakfast  
  Green Eggs & Ham  
  Lunch: Pizza  
  Salad: Green Beans  
  Fruit:  
- **Tuesday, March 3**:  
  **Breakfast**: Galactic Breakfast  
  Pizza  
  Lunch: Crispy Taco w/Salsa  
  Refried Beans: Tortilla Chips  
  Fruit:  
- **Wednesday, March 4**:  
  **Breakfast**: Space Cadet Breakfast  
  Muffin  
  Lunch: Chicken Strips  
  Mashed Potatoes: Salad  
  Fruit:  
- **Thursday, March 5**:  
  **Breakfast**: Black Hole Breakfast  
  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  
- **Friday, March 6**:  
  **Breakfast**: Planetary Pancake on a Stick  
  Lunch: BBQ Sandwich  
  Burger Fixin’s Coleslaw  
  Fruit:  

### Lunch
- **Monday, March 9**:  
  **Breakfast**: Oatmeal & Toast  
  Lunch: Pizza  
  Salad: Raw Cauliflower  
  Fruit:  
- **Tuesday, March 10**:  
  **Breakfast**: Muffin  
  Lunch: Asian Chicken w/Rice  
  Stir Fry Vegetables: Raw Broccoli  
  Fruit:  
- **Wednesday, March 12**:  
  **Breakfast**: Sausage Biscuit  
  Lunch: Chicken  
  Sweet Potato Wedges: Green Beans  
  Peas & Carrots: Fruit  
- **Thursday, March 13**:  
  **Breakfast**: WGR Poptart  
  Lunch: Meatloaf w/Hot Roll  
  Peas & Carrots: Fruit  
- **Friday, March 16**:  
  **Breakfast**: Biscuit & Gravy  
  Lunch: Cheeseburger  
  Burger Fixin’s Vegetarian Beans  
  Fruit:

### Offered Daily for Breakfast
- Milk and Fruit, as well as an additional option of Cereal.

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

- **Monday, March 2**: Dr Seuss Breakfast  
  Green Eggs & Ham  
  Lunch: Pizza  
  Salad: Green Beans  
  Fruit:

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**Call today for more information.**  
878-1028
**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.CHOSEMYPLATE.gov](http://www.CHOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay-healthy/food/pyramid.html](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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**SPRING BREAK**

Break begins at the end of classes: **Friday, March 13**

Classes resume: **Monday, March 23**

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<thead>
<tr>
<th>Monday, March 23</th>
<th>Tuesday, March 24</th>
<th>Wednesday, March 26</th>
<th>Thursday, March 26</th>
<th>Friday, March 27</th>
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<tr>
<td>French Toast Sticks</td>
<td>Bacon, Egg, &amp; Cheese Biscuit</td>
<td>Yogurt Parfait</td>
<td>Breakfast Pizza</td>
<td>Muffin</td>
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<td><strong>Lunch</strong></td>
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<td>Pizza</td>
<td>Nachos w/Nacho Fixin’s</td>
<td>Popcorn Chicken</td>
<td>Spaghetti w/Meatballs</td>
<td>Hot Dogs</td>
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<tr>
<td><strong>Salad</strong></td>
<td><strong>Beans</strong></td>
<td><strong>Corn</strong></td>
<td><strong>Italian Vegetables</strong></td>
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<td>Green Beans</td>
<td><strong>Salsa</strong></td>
<td><strong>Salad</strong></td>
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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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**March 17**

St. Patrick’s Day