## Menu for March 2020

**Will Rogers Elementary**

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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**Monday, March 2**

**Breakfast**
- “Dr Seuss” Green Eggs & Ham

**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

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**Tuesday, March 3**

**Breakfast**
- “Galactic” Breakfast Pizza

**Lunch**
- Crispy Taco w/Salsa
- Refried Beans Tortilla Chips

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**Wednesday, March 4**

**Breakfast**
- “Space Cadet” Muffin

**Lunch**
- Chicken Strips
- Mashed Potatoes
- Salad

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**Thursday, March 5**

**Breakfast**
- “Black Hole” Breakfast Burrito

**Lunch**
- Grilled Chicken Alfredo w/Ripstick
- Raw Broccoli
- Carrots

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**Friday, March 6**

**Breakfast**
- “Planetary” Pancake on a Stick

**Lunch**
- BBQ Sandwich
- Burger Fixin’s Coleslaw
- Fruit

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**Monday, March 9**

**Breakfast**
- Oatmeal & Toast

**Lunch**
- Pizza
- Salad
- Raw Cauliflower

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**Tuesday, March 10**

**Breakfast**
- Muffin

**Lunch**
- Asian Chicken w/Rice
- Stir Fry Vegetables
- Raw Broccoli

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**Wednesday, March 11**

**Breakfast**
- Sausage Biscuit

**Lunch**
- Chicken
- Sweet Potato Wedges
- Green Beans

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**Thursday, March 12**

**Breakfast**
- WGR Poptart

**Lunch**
- Meatloaf w/Hot Roll
- Peas & Carrots

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**Friday, March 13**

**Breakfast**
- Biscuit & Gravy

**Lunch**
- Cheeseburger
- Burger Fixin’s Vegetarian Beans

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**Available**

Offered Daily 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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**March 2 is "Read Across America" Day**

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**Call today for more information.**
878-1028

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**Don’t forget to set your clocks forward one hour on Sunday, March 8!**

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

**Come join our team!**
### Breakfast

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

<table>
<thead>
<tr>
<th>Monday, March 30</th>
<th>Tuesday, March 31</th>
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</thead>
<tbody>
<tr>
<td>WGR Poptart</td>
<td>Cheddar Omelet w/Toast</td>
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<tr>
<td>Lunch</td>
<td>Lunch</td>
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<tr>
<td>Pizza</td>
<td>Asian Chicken w/Rice</td>
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<tr>
<td>Salad</td>
<td>Stir Fry Vegetables</td>
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<tr>
<td>Carrot Sticks</td>
<td>Cherry Tomatoes</td>
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<tr>
<td>Fruit</td>
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### Get out your Guiness!

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

### Important Dates
- **Break begins at the end of classes:** Friday, March 13
- **Classes resume:** Monday, March 23
- **St. Patrick’s Day:** March 17

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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](http://www.choosemyplate.gov) or [http://kidshealth.org/kid/healthy/food/pyramid.html](http://kidshealth.org/kid/healthy/food/pyramid.html)

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**Read Across America**

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

Classes resume: **Monday, March 23**