

Menus for March 2016

Londonderry Elementary Schools

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

Happy St. Patrick's Day!

Tuesday, March 1

French Toast w/
Sausage
Grilled Cheese
Sandwich
Yogurt/Bagel Lunch-able

Tomato Soup,
French Fries,
Orange Juice

Wednesday, March 2

Hot Dog on Roll
Baked Ziti w/ Garlic Bread
Yogurt/Bagel Lunch-able

Baked Beans,
Broccoli and Cheese,
Pineapple

Thursday, March 3

Popcorn Chicken w/
Breadstick
Italian Sub
Yogurt/Bagel Lunch-able

Spinach Cheese Squares,
Carrot Sticks,
Peaches

Friday, March 4

Gill's Fresh Pizza
Turkey Sub
Yogurt/Bagel Lunch-able

Roasted Chick Peas
Caesar Salad
Applesauce

Oh, the Places You'll Go!
By Dr. Seuss

March 2 is "Read Across America" Day

Monday, March 7

Chicken Tenders w/
Breadstick
Meatball Sub
Nacho Lunch-able

Butternut Squash,
Italian Wedding Soup,
Pineapple

Tuesday, March 8

Pizza Sticks w/
Marinara Sauce
Cheeseburger w/
Lettuce, Tomatoes,
Pickles
Nacho Lunch-able

Corn Chowder,
Cherry Tomatoes with Ranch,
Applesauce

Wednesday, March 9

Hot Dog on Roll
Shepherd's Pie w/
Breadstick
Nacho Lunch-able

Cole Slaw
Baked Beans
Mandarin Oranges

Thursday, March 10

Appetizer Platter
Yogurt/Bagel Lunch-able

Potato Smiles
Celery Sticks with Ranch,
Mixed Fruit

Friday, March 11

No School Today!

MARCH IS NATIONAL NUTRITION MONTH

WHEN YOU EAT WELL, YOU CAN LEARN WELL.

DON'T 4-GET!

... and at least three of the five items total so your meal counts as a complete lunch!

SQUEEZED FOR TIME?

Up to 30% of kids skip breakfast every school day. Even if your mornings are frantic, you'll feel better all day and do better in school, too, if you've had a balanced, nutritious breakfast!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

NUTRITION TO GO

Stew is any combination of food cooked slowly in simmering liquid. Stew was one of the first forms of cooked food – stew recipes are found in the oldest existing "cookbook." Stew smells amazing when it's slow-cooking, and eating a bowl of hot stew warms us up on a raw and blustery late winter or early spring day, too!

A TASTY MORSEL FOR PARENTS

Monday, March 14

French Bread Pizza
Pulled Pork BBQ Sandwich
Chef Salad with Crackers

Spinach Cheese Squares,
Minestrone Soup,
Pears

Tuesday, March 15

Chicken Tenders w/
Breadstick
Macaroni & Cheese
Chef Salad with Crackers

Roasted Chick Peas
Cucumber Slices
Fruit Punch

Wednesday, March 16

Breakfast Platter
Toasty Ham & Cheese Croissant
Chef Salad with Crackers

Green Beans
Hash Brown Potato
Fruit Cocktail

Thursday, March 17

Shamrock Chicken Nuggets w/ Pretzel
Italian Sub
Chef Salad with Crackers

Italian Wedding Soup, Potato Smiles
Applesauce

Friday, March 18

Sal's Square Pizza
Turkey Sub
Chef Salad with Crackers

Colored Peppers w/
Dip, Caesar Salad,
Mandarin Oranges



Boost your Burrito!

Burritos made at home or at a Mexican restaurant, should **ALWAYS INCLUDE BEANS!** These tasty little wonders are a nutritional powerhouse, brimming with fiber, protein, and nutrients. For good nutrition, skimp on the cheese and load up on the beans!



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

Monday, March 21

Popcorn Chicken w/
Breadstick
Baked Ziti w/
Breadstick
Nacho Lunch-able

Hash Brown Potatoes
Butternut Squash
Applesauce

Tuesday, March 22

Pasta & Meatballs w/
Garlic Bread
Turkey Pie w/
Stuffing
Nacho Lunch-able

Celery Sticks
Roasted Brussel Sprouts
Peaches

Wednesday, March 23

Pancakes w/
Sausage
Steak & Cheese Sub
Nacho Lunch-able

Carrot Sticks
Strawberry Spinach Salad,
Fresh Apple Slices

Thursday, March 24

Boneless Chicken Wing Nuggets w/
Soft Pretzel
Italian Sub
Nacho Lunch-able

Baked Beans
Broccoli w/ Cheese Sauce,
Pineapple

Friday, March 25

Gill's Fresh Pizza
Ham & Cheese Sub
Nacho Lunch-able

Carrot Sticks
Caesar Salad
Fruit Cocktail

Monday, March 28

French Bread Pizza
Cheeseburger w/
Lettuce, Tomato & Pickles
Yogurt/Bagel Lunch-able

Cucumber Slices
Carrot Sticks
Mandarin Oranges

Tuesday, March 29

Chicken Fries w/
Breadstick
Turkey Sub
Yogurt/Bagel Lunch-able

Cherry Tomatoes with Ranch
Onion Rings
Fresh Apple Slices

Wednesday, March 30

Bosco Sticks w/
Marinara Sauce
Pasta & Meatballs w/
Garlic Bread
Yogurt/Bagel Lunch-able

Sweet Potato Fries
Caesar Salad
Fruit Cocktail

Thursday, March 31

Appetizer Platter
Yogurt/Bagel Lunch-able

Green Beans
Potato Smiles
Peaches



THE **QUOKKA**, A CAT-SIZED MARSUPIAL, CARRIES ITS BABIES IN A POUCH -- ONE OF THE REASONS IT'S OFTEN CALLED THE **CUTEST** ANIMAL IN THE WORLD! BUT CUTENESS IS IN THE EYE OF THE BEHOLDER. IN 1696, A DUTCH EXPLORER NAMED THE AUSTRALIAN ISLAND WHERE QUOKKAS LIVE "ROTTNEST" -- OR "**RAT'S NEST**" -- BECAUSE HE THOUGHT THE CUDDLY CRITTERS LOOKED LIKE OVERGROWN RODENTS!

STRANGE BUT TRUE!

Wikimedia: Hesperian