

menus for MARCH 2025

St. Teresa School

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

Monday, March 3

Lunch

-Ham, Egg & Cheese Croissant
-BBQ Hamburger on Bun
-Popcorn Chicken Salad & Bosco Stick
-Deli Sandwich
Seasoned Carrots
Chilled Pears
Cold Milk

Tuesday, March 4

Lunch

-Chicken Quesadilla
-Mini Corn Dogs
-Italian Salad & Bosco Stick*
-Deli Sandwich
Green Beans
Chilled Applesauce
Cold Milk

Wednesday, March 5

Lunch

-Mozzarella Sticks & Sauce
-Toasted Cheese Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Baked Beans
Mixed Fruit
Cold Milk

Thursday, March 6

Lunch

-Bacon Cheeseburger*
-Hot & Spicy Chicken Sandwich
-Italian Salad & Bosco Stick*
-Deli Sandwich
Emoji Smiles
Chilled Peaches
Cold Milk

Friday, March 7

No Lunch
Early Dismissal



Don't forget to
set your clocks
forward one hour
on Sunday,
March 9!

Monday, March 10

Lunch

-French Toast Sticks & Sausage*
-Turkey & Cheese Croissant
-Popcorn Chicken Salad & Bosco Stick
-Deli Sandwich
Green Beans
Mixed Fruit
Gogurt Yogurt
Cold Milk

Tuesday, March 11

Lunch

-Straw Hat
-Breaded Chicken Sandwich
-Italian Salad & Bosco Stick*
-Deli Sandwich
Baby Carrots
Frosen Juice Cup
Cold Milk

Wednesday, March 12

Lunch

-Pepperoni Pizza*
-Hot Dog on Bun
-Chef Salad & Bosco Stick*
-Deli Sandwich
Sweet Corn
Chilled Applesauce
Cold Milk

Thursday, March 13

Lunch

-Chicken Nuggets & Macaroni with Cheese
-Hot Ham & Cheese Sandwich
-Italian Salad & Bosco Stick*
-Deli Sandwich
Fresh Broccoli
Chilled Peaches
Cold Milk

Friday, March 14

Lunch

-Cheese Quesadilla
-Toasted Cheese Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Cheesy Refried Beans
Fresh Apple
Cold Milk

NUTRITION TOGO

Peanut Butter is a fantastic, healthy lunch or snack food that kids love! Look for varieties that contain less sugar. Indeed, there are many brands available now that are 100% peanuts -- or perhaps just peanuts with a dash of salt -- and no added sugar at all! Excellent Peanut Butter delivery methods include celery stalks and 100% whole wheat bread or crackers.

A QUICK BITE FOR PARENTS

Monday, March 17

Lunch

- Shamrock Pretzel ,Popcorn
- Chicken & Queso
- Corn Dog
- Popcorn Chicken Salad & Bosco Stick
- Deli Sandwich
- Seasoned Carrots
- Chilled Pears
- Cold Milk

Tuesday, March 18

Lunch

- Soft Beef Tacos
- Hot Ham & Cheese Melt (Toasted Ham & Cheese)
- Italian Salad & Bosco Stick*
- Deli Sandwich
- Fiesta Beans
- Chilled Applesauce
- Cold Milk

Wednesday, March 19

Lunch

- Chicken Strips & Mini Waffles
- BBQ Ribette Sandwich *
- Chef Salad & Bosco Stick
- Deli Sandwich
- Sweet Corn
- Mixed Fruit
- Cold Milk

Thursday, March 20

Lunch

- Toasted Ravioli, Meat Sauce & Bosco Stick
- Hot & Spicy Chicken Sandwich
- Italian Salad & Bosco Stick*
- Deli Sandwich
- Green Beans
- Chilled Peaches
- Cold Milk

Friday, March 21

Lunch

- Cheese Pizza
- Toasted Cheese Sandwich
- Chef Salad & Bosco Stick
- Deli Sandwich
- Steamed Broccoli
- Orange Smiles
- Cold Milk



Monday, March 24

Lunch

- Chicken Nuggets & Roll
- Meatball Sandwich*
- Popcorn Chicken Salad & Bosco Stick
- Deli Sandwich
- Candied Sweet Potatoes
- Mixed Fruit
- Cold Milk

Tuesday, March 25

Lunch

- Queso Beef Nachos
- Club Sub with Bacon*
- Italian Salad & Bosco Stick*
- Deli Sandwich
- Ranchero Beans
- Chilled Applesauce
- Cold Milk

Wednesday, March 26

Lunch

- Pepperoni Pizza*
- Mini Corn Dogs
- Chef Salad & Bosco Stick
- Deli Sandwich
- Seasoned Green Beans
- Chilled Pears
- Cold Milk

Thursday, March 27

Lunch

- Orange Chicken & Fried Rice
- Hamburger on Bun
- Italian Salad & Bosco Stick*
- Deli Sandwich
- Fresh Broccoli
- Pineapple Tidbits
- Fortune Cookie
- Cold Milk

Friday, March 28

Lunch

- Mozzarella Sticks & Sauce
- Toasted Cheese
- Chef Salad & Bosco Stick
- Deli Sandwich
- Sweet Corn
- Fresh Apple
- Cold Milk

Monday, March 31

Lunch

- Sausage, Egg & Cheese Croissant*
- Toasted Cheese Sandwich
- Popcorn Chicken Salad & Bosco Stick
- Deli Sandwich
- Seasoned Carrots
- Chilled Pears
- Cold Milk

SOMETHING'S BURNING

Exercise for good health

You can burn about 500 calories an hour shoveling snow (or dirt). That's almost as many as you burn playing basketball or soccer. But don't forget to keep your back straight and let your legs do the work!



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