



# MARCH MENUS

## SAN ISIDRO ISD

Menus for

# March 2024

This institution is an equal opportunity provider.  
Menus are subject to change without notice.  
This product was funded by USDA.



March 3 is  
"Read Across America" Day

## SWEET TOOTH

The Honey Badger of Africa and Asia is really closer to a weasel than a true badger, but one thing about its name is definitely true: the honey badger loves honey and will avidly seek out beehives to get at it. Of course, the honey badger will also eat pretty much anything it finds -- rodents, frogs, snakes, insects, turtles, birds, lizards, eggs, vegetables, and whatever else it comes across. They've even been known to chase away young lions and steal their kills. Guess the honey badger really doesn't care!



ANIMAL APPETITES

Daylight Saving Time was first proposed by Benjamin Franklin in 1784, as a way to save money on candles!

Spring forward  
on  
March 10



## FIRST THINGS FIRST!

This year, we've been telling you a lot about the educational and health benefits of eating a nutritious breakfast. Remember: kids can't do their best unless they're well fed in the morning!



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

Friday, March 1

Breakfast

Potato/Egg Taco  
Assorted Cereals  
Graham Crackers  
Assorted Fruit  
& Juice

Lunch

Cheese Enchiladas  
Charro Beans  
Spanish Rice  
Taco Salad  
Assorted Fruit

Monday, March 4

Breakfast

Banana Bread Slice  
Assorted Cereals  
Assorted Grahams  
Assorted Fruit & Juice

Lunch

Popcorn Chicken  
Seasoned Wedges  
Veggie Boats  
Dinner Roll  
Ranch Dip Cup  
Assorted Fruit

Tuesday, March 5

Breakfast

Cinnamon Rolls  
Assorted Cereals  
Assorted Fruit  
& Juice

Lunch

Chicken Fried Steak  
Dinner Roll  
Mashed Potatoes/  
Gravy  
Broccoli/Homemade  
Cheese Sauce  
Assorted Fruit

Wednesday, March 6

Breakfast

Scrambled Egg  
Homemade Buttermilk Pancakes  
Assorted Fruit  
& Juice

Lunch

Cheese Enchiladas  
Charro Beans  
Spanish Rice  
Taco Salad  
Assorted Fruit

Thursday, March 7

Breakfast

Yogurt & Donut  
Parfait  
Assorted Fruit  
& Juice

Lunch

Pulled Pork  
Street Tacos  
Charro Beans  
Taco Slaw Salad  
Rice

Friday, March 8

Breakfast

Gingerbread Donut  
Assorted Cereals  
Assorted Grahams  
Assorted Fruit  
& Juice

Lunch

Pizza  
Cucumber  
w/Tajin  
Baby Carrots  
Ranch Dip Cup  
Assorted Fruit

## EGG-CELLENT.



Ah, the humble, wonderful egg!  
Just 75 or so calories, but with seven grams of high-quality protein, plus iron, vitamins, minerals, and other disease fighting nutrients. Versatile for cooking. Inexpensive. Readily available. Perhaps the perfect food - for breakfast, or any time!

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**WELLNESS IS A WAY OF LIFE!**

Now Appearing...

# SPRING BREAK!

A FUN!FUN!FUN! PRODUCTION. STARRING YOU AND YOUR FRIENDS. SPECIAL LIMITED ENGAGEMENT.

Break begins at the end of  
classes: Friday, March 8

Classes resume:  
Monday, March 18

A Note from the Child Nutrition Director

**Junior High & High School Students** will have **Daily Entrée Options**. **Menus may vary.** If you have any questions, you may contact Mr. Leonel Olivarez @ 956-481-3100.

Monday, March 18

Breakfast

Scrambled Egg & Cheese  
Croissant  
Assorted Fruit  
& Juice

Lunch

Hamburger/  
Cheeseburger  
Tater Tots  
Burger Salad  
Assorted Fruit

Tuesday, March 19

Breakfast

Breakfast Muffin  
Assorted Fruit  
& Juice

Lunch

Crispy Beef Nachos  
Cheese Sauce  
Rice  
Beans  
Taco Salad  
Assorted Fruit

Wednesday, March 20

Breakfast

Waffle Bar  
Assorted Fruit  
& Juice

Lunch

Chicken Nuggets  
Homemade Macaroni  
& Cheese  
Dinner Roll  
Seasoned Wedges  
Carrot Coins  
Assorted Fruit

Thursday, March 21

Breakfast

Kolache  
Breakfast Bars  
Assorted Fruit  
& Juice

Lunch

Baked Chicken  
Seasoned Green  
Beans  
Mashed Potatoes/  
Gravy  
Dinner Roll

Friday, March 22

Breakfast

The Tiger Breakfast (see Assorted  
Cereals)  
Assorted Grahams  
Green Eggs  
Assorted Fruit & Juice

Lunch

Cheese Breadstick  
Marinara Cup  
Veggie Boats  
Corn/Ranch Dip Cup  
Assorted Fruit



Monday, March 25

Breakfast

Mini Maple Waffles  
Assorted Cereals  
Assorted Grahams  
Assorted Fruit  
& Juice

Lunch

Chicken Burger  
Garden of Eatin'  
Tater Tots  
Burger Salad  
Assorted Fruit

Tuesday, March 26

Breakfast

Breakfast Cakes Bar  
Assorted Fruit  
& Juice

Lunch

Homemade  
Chicken Flautas  
Rice  
Charro Beans  
Taco Salad  
Sour Cream/Green  
Salsa  
Assorted Fruit

Wednesday, March 27

Breakfast

Yogurt & Fruit  
Parfait  
Assorted Fruit  
& Juice

Lunch

Rich-Fil Yay Chicken  
Sandwich  
Burger Salad  
Seasoned Wedges  
Fruit Gelatin

Thursday, March 28

Breakfast

Ham & Egg Taco  
Assorted Fruit  
& Juice

Lunch

Baked Chicken  
Seasoned Green  
Beans  
Mashed Potatoes  
Dinner Roll  
Assorted Fruit

Friday, March 29



## NUTRITION TO GO

Turns out Grandma was right: chicken soup IS good for a cold! Chicken soup helps to ease cold symptoms by breaking up congestion, keeping you hydrated, and even acting as an anti-inflammatory. The taste and aroma can be therapeutic, too! There's no cure for a cold, but a piping hot bowl of soup can at least offer some relief.

A QUICK BITE FOR PARENTS