

March 2024: CLARKE COUNTY ELEMENTARY SCHOOL MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| ⇒ *Denotes menu items that are at least 50% whole grain or contain grain/ bread items that are at least 50% whole grain. ⇒ Menu choices are subject to change due to manufacturer & vendor shortages. ⇒ Many items that are traditionally beef or pork-based are actually chicken or turkey-based in our school settings. Contact us to learn more. ⇒ Fresh fruit options may be shifted during the week to allow for proper ripening. Our goal is to serve fruit when it is ready, so that our students learn to love it when it is at its best! ⇒ At breakfast, students are offered 4oz. 100% fruit juice, fruit of the day, and a choice of milk daily. | | | | 1 Crispy Chicken Sandwich* Hamburger*/Cheeseburger* Protein Pack Bento* Potato Smiles Assorted Fresh Vegetables & Dip Seasonal Fresh Fruit Craisins/Raisins <u>Breakfast</u> Scrambled Eggs & Grits Donut* & Yogurt Tube |
| 4 Popcorn-style Chicken* & Roll* Cheesy Breadsticks* & Marinara Herb-Roasted Potatoes Green Beans Apple Wedges Mandarin Oranges <u>Breakfast</u> Ooey Goey Cinnamon Toast Bar* Cereal & Crackers* | 5 Grilled Cheese Sandwich* Chicken Pot Pie* HOTM: Carrot Sticks Celery Sticks w/ Ranch Navel Orange Wedges Applesauce Cup <u>Breakfast</u> Sausage Biscuit* Yogurt & Granola* | 6 Asian Chicken* & French Roll* Mandarin Orange Chicken* & Brown Rice* Edamame Succotash Steamed Broccoli Banana Peaches <u>Breakfast</u> Colby Cheese Omelet & Croissant* Cereal & Crackers* | 7 Cheese or Pepperoni Pizza* Ranchero Pizza* Hummus Bento* Steamed Kernel Corn Garden Salad Grapes Fruit Cocktail <u>Breakfast</u> Chicken Biscuit* Yogurt & Dunkin Stick* | 8 Hot Dog* PBJ Sandwich* Potato Wedges Baked Beans Seasonal Fresh Fruit Craisins/Raisins Freshly-baked Cookie* <u>Breakfast</u> Breakfast Pizza* Glazed Yeast Donut* |
| 11 Crispy Chicken Bites* & Roll* Cheesy Breadstick Bites* & Marinara Mashed Potatoes Steamed Fresh Broccoli Apple Wedges Fruit Salad <u>Breakfast</u> Mini Pancakes* Cereal & Crackers* | 12 Beef Taco* Donderos' Chicken Fajitas* Back 2 Basics Bento* Shredded Lettuce & Salsa Pinto Beans Navel Orange Wedges Applesauce Cup <u>Breakfast</u> Sausage Biscuit* Yogurt & Granola* | 13 EARLY RELEASE DAY Hamburger*/Cheeseburger* PBJ Sandwich* Potato Smiles HOTM: Mini Carrots Cheese Stick Seasonal Fresh Fruit Craisins/Raisins Assorted Chips/Crackers* <u>Breakfast</u> Donut & Yogurt Tube Cereal & Crackers* | 14 PARENT TEACHER CONFERENCES (NO SCHOOL) | 15 NO SCHOOL |



HARVEST OF THE MONTH: ROOT VEGGIES

- ⇒ Root veggies are not all from the same plant family, but they all are edible taproots that grow underground!
- ⇒ Edible roots come in many sizes, shapes, & colors (see picture to the right).
- ⇒ They ALL provide fiber and are a great way to add color to your plate!
- ⇒ Did you know that if you thinly-slice your root vegetables, you can enjoy them in their raw form?
- ⇒ They can also be cooked in traditional ways by baking, roasting, and steaming.
- ⇒ Which way will be your favorite way?

EXAMPLES OF ROOT VEGGIES

Carrots Parsnips
 ↓ Red Onions ↓ Beets



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| 18 Oven-Fried Chicken Drumstick* & Roll* Cheese or Pepperoni Calzones* & Marinara Mashed Potatoes Green Beans Apple Wedges Pears Breakfast Mini Cinnis* Cereal & Crackers* | 19 Pork Tostada* Vegetable Quesadilla* Hummus Bento* Roasted Corn & Peppers Charro Beans Navel Orange Wedges Applesauce Cup Breakfast Sausage Biscuit* Yogurt & Granola* | 20 Chicken Tenders* & Waffle* Yogurt, Cheese, & Freshly-baked Muffin* Potato Rounds HOTM: Carrot Sticks w/ Ranch Strawberries & Kiwi Mandarin Oranges Homemade Blueberry Sauce Breakfast Muffin* & Cheese Cereal & Crackers* | 21 Cheese or Pepperoni Pizza* Meatball Sub Sandwich* Ants on a Log Bento* Steamed Fresh Broccoli Garden Salad Grapes Fruit Cup (peach or mixed berry) Breakfast Chicken Biscuit* Yogurt & Dunkin Stick* | 22 Crispy Chicken Sandwich* Fish Sticks* & French Roll* Crinkle Cut Fries Assorted Fresh Vegetables & Dip Seasonal Fresh Fruit Craisins/Raisins Breakfast Scrambled Eggs & Grits Glazed Yeast Donut* |
| 25 Chicken Tenders* & French Roll* Garlic & Herb Cheese Pull Aparts* & Marinara Loaded Mashed Potatoes Steamed Broccoli Apple Wedges Peaches Breakfast Manager's Choice Cereal & Crackers* | 26 "BYO" Cheese Nachos* Bean & Cheese Burrito* Hummus Bento* Bell Pepper Strips & Ranch Spicy Black Beans Navel Orange Wedges Fruit Salad Fixings: Salsa, Olives, & Cilantro Breakfast Sausage Biscuit* Blueberry Yogurt Parfait* | 27 Scrambled Eggs & Biscuit* French Toast Sticks* & Sausage Potato Rounds Assorted Fresh Vegetables & Dip Banana Fruit Cup (peach or mixed berry) Yogurt Dip Breakfast Cinnamon Roll* Cereal & Crackers* | 28 Individual Cheese or Pepperoni Pizza* Vegetable Lasagna* & Garlic Breadstick* Ants on a Log Bento* Orange-Glazed Carrots Garden Salad Grapes Applesauce Breakfast Chicken Biscuit* Yogurt & Mini Donut* | 29 BBQ Pork Sandwich* Macaroni* & Cheese w/ Roll* Cauliflower Popcorn Baked Beans Seasonal Fresh Fruit Craisins/Raisins Celebration Cookie* Breakfast Breakfast Tacos* Donut* & Yogurt Tube |

Spring Break Vacation: April 1st - 5th

Fun Things to do in Athens in MARCH!

1. Swan Lake comes to Athens for one night...March 3rd. Enjoy one of the most famous ballets in the world and experience Tchaikovsky's iconic score. For more information, go to The Classic Center's website.
2. Check out The Really, Really Free Market at Reese and Pope Park. On the second Saturday of every month, Athenians gather at this free yard sale from noon-1:30pm to part with things they no longer want and take home something they do!
3. Bob Dylan comes to Athens for two nights...March 14 & 15th. One of the greatest living singer-songwriters brings his Rough and Rowdy Ways Tour to Athens! For more information, go to the The Classic Center's website.
4. The Great Southland Stampede Rodeo will be at the UGA Live-stock Instruction Arena on March 14-16th. Hosted by the University of Georgia Block and Bridle club, this rodeo is one of the largest in Georgia!
5. On March 29th, TEDxUGA will be held at the Morton Theater. Hear a variety of speakers from the local community.

NATIONAL NUTRITION MONTH

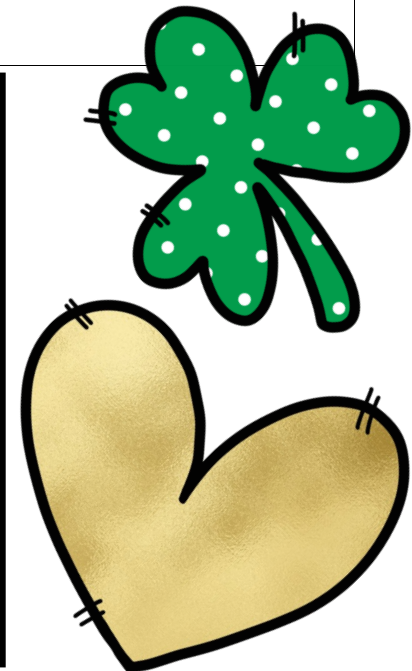
This year's theme is "Beyond the Table," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets—and even home food safety and storage practices. It also describes the various ways we eat—not only around a dinner table, but also on the go, in schools and restaurants, at games and events.

For more information, visit the website:

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Examples of File Downloads available under 'Resources':

- ⇒ Eating on a Budget
- ⇒ Healthy Eating on the Run: A Month of Tips
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March 2024:

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| 4 Nashville Hot Chicken* & Roll* Cheesy Breadsticks* & Marinara Entrée Salad Herb-Roasted Potatoes Green Beans Apple Mandarin Oranges <u>Breakfast</u> Ooey Goey Cinnamon Toast Bar* Cereal Cup* | 5 Grilled Cheese Sandwich* Chicken Pot Pie* Entrée Salad* HOTM: Carrot Sticks Celery Sticks w/ Ranch Navel Orange Applesauce Cup <u>Breakfast</u> Sausage Biscuit* Yogurt & Granola* | 6 Asian Chicken* & French Roll* Mandarin Orange Chicken* & Brown Rice* Entrée Salad* Edamame Succotash Steamed Broccoli Banana, Peaches <u>Breakfast</u> Colby Cheese Omelet & Croissant* Cereal Cup* | 7 Cheese or Pepperoni Pizza* Rotini* w/ Meatballs in Marinara & Garlic Bread Entrée Salad* Steamed Kernel Corn Garden Salad Grapes, Fruit Salad <u>Breakfast</u> Chicken Biscuit* Yogurt & Dunkin Stick* | 8 Spicy Chicken Sandwich* Hot Dog* Entrée Salad* Potato Wedges, Baked Beans Seasonal Fresh Fruit Craisins/Raisins Freshly-baked Cookie* <u>Breakfast</u> Breakfast Pizza* Glazed Yeast Donut* |
| 11 Crispy Chicken Bites* & Roll* Cheesy Breadstick Bites* & Marinara Entrée Salad* Mashed Potatoes Steamed Fresh Broccoli Apple Fruit Salad <u>Breakfast</u> Mini Pancakes* Cereal Cup* | 12 Beef Taco* Donderos' Chicken Fajitas* Entrée Salad* Shredded Lettuce & Salsa Pinto Beans Navel Orange Applesauce Cup <u>Breakfast</u> Sausage Biscuit* Yogurt & Granola* | 13 EARLY RELEASE DAY Hamburger*/Cheeseburger* PBJ Sandwich* Entrée Salad Potato Smiles, HOTM: Mini Carrots Cheese Stick Seasonal Fresh Fruit Craisins/Raisins Assorted Chips/Crackers* <u>Breakfast</u> Donut* Cereal Cup* | 14 PARENT TEACHER CONFERENCES (NO SCHOOL) | 15 NO SCHOOL |



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| 25 Chicken Tenders* & French Roll* Garlic & Herb Cheese Pull Aparts* & Marinara Entrée Salad Loaded Mashed Potatoes Steamed Broccoli Apple Peaches Breakfast Manager's Choice Cereal Cup* | 26 "BYO" Cheese Nachos* Beef & Queso Nachos* Entrée Salad* Bell Pepper Strips & Ranch Spicy Black Beans Navel Orange Fruit Salad Fixings: Jalapenos, Salsa, Olives, & Cilantro Breakfast Sausage Biscuit* Blueberry Yogurt Parfait* | 27 Spinach & Egg Frittata Scramble & Biscuit* French Toast Sticks* & Sausage Entrée Salad* Potato Rounds Assorted Fresh Vegetables & Dip Banana, Fruit Cup Yogurt Dip Breakfast Cinnamon Roll* Cereal Cup* | 28 Cheese or Pepperoni Pizza* Vegetable Lasagna* & Garlic Breadstick* Entrée Salad* Honey-Thyme Carrots Garden Salad Grapes Applesauce Breakfast Chicken Biscuit* Yogurt & Mini Donut* | 29 BBQ Pork Sandwich* Macaroni* & Cheese w/ Roll* Entrée Salad* Roasted Cauliflower Baked Beans Seasonal Fresh Fruit Craisins/Raisins Celebration Cookie* Breakfast Glazed Yeast Donut* Cereal Cup* |

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NATIONAL NUTRITION MONTH

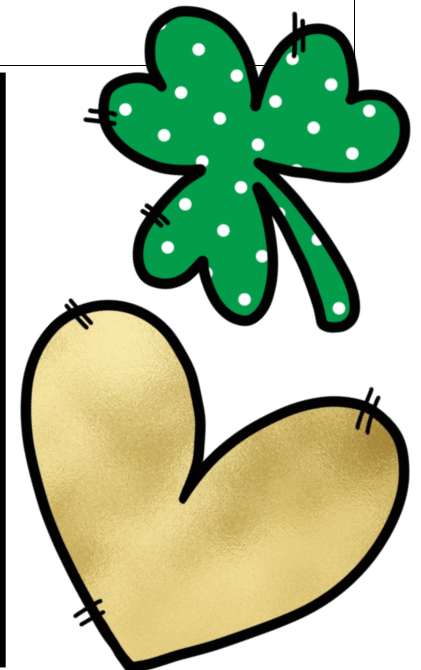
This year's theme is "Beyond the Table," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets—and even home food safety and storage practices. It also describes the various ways we eat—not only around a dinner table, but also on the go, in schools and restaurants, at games and events.

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MARCH 2024: Clarke County High School Menu

| Lunch Specials | | |
|---|--|---|
| <div>Monday, February 27</div> <div>Crispy Chicken Bites* & French Roll* Garlic & Herb Pull Aparts* & Marinara</div> <div>Sides: Mashed Potatoes Green Beans Seasonal Fresh Fruit Pineapple</div> | <div>Monday, March 4</div> <div>Crispy Chicken Bites* & French Roll* Cheese or Pepperoni Calzones* & Marinara</div> <div>Sides: Mashed Potatoes Green Beans Seasonal Fresh Fruit Fruit Salad</div> | <div>Monday, March 11</div> <div>Buffalo Chicken Tenders* & French Roll* Cheesy Breadsticks* & Marinara</div> <div>Sides: Herb-Roasted Potatoes Roasted Broccoli HOTM: Carrot Sticks w/ Dip Seasonal Fresh Fruit Mandarin Oranges</div> |
| <div>Tuesday, February 28</div> <div>Cheese Ravioli* w/ Marinara & Garlic Breadstick* Assorted Selection of Pizza*</div> <div>Sides: Steamed Fresh Broccoli Garden Salad Assorted Fresh Vegetables w/ Dip Seasonal Fresh Fruit Peaches</div> | <div>Tuesday, March 5</div> <div>Rotini* & Meatballs in Marinara w/ Garlic Breadstick* Assorted Selection of Pizza*</div> <div>Sides: Roasted Cauliflower Garden Salad HOTM: Mini Carrots w/ Dip Seasonal Fresh Fruit Peaches</div> | <div>Tuesday, March 12</div> <div>Donderos' Chicken Fajitas* Vegetable Quesadilla* Pork Tostada*</div> <div>Sides: Pepper & Onion Sauté Shredded Lettuce, Salsa, & Guacamole Charro Beans Seasonal Fresh Fruit Pineapple</div> |
| <div>Wednesday, March 1</div> <div>Oven-Fried Chicken* & French Roll* Macaroni* & Cheese w/ French Roll*</div> <div>Sides: Roasted Cauliflower Collard Greens Assorted Fresh Vegetables w/ Dip Seasonal Fresh Fruit Pears Freshly-baked Cookie*</div> | <div>Wednesday, March 6</div> <div>Beef Chili w/ Tortilla Chips* Assorted Selection of Pizza*</div> <div>Sides: Baked Potato Broccoli & Cheddar Assorted Fresh Vegetables w/ Dip Seasonal Fresh Fruit Applesauce Cup Freshly-baked Cookie*</div> | <div>Wednesday, March 13</div> <div>Crispy Chicken Sandwich* Hot Dog*</div> <div>Sides: Sweet Potato Wedges Assorted Fresh Vegetables w/ Dip Seasonal Fresh Fruit Craisins/Raisins</div> |
| <div>Thursday, March 2</div> <div>Chicken Tenders* & Confetti Cornbread* Country-fried Steak* & Gravy with Confetti Cornbread*</div> <div>Sides: Orange-Glazed Carrots Assorted Fresh Vegetables w/ Dip Pinto Beans Seasonal Fresh Fruit Applesauce Cup</div> | <div>Thursday, March 7</div> <div>Asian Chicken* & French Roll* Mandarin Orange Chicken & Brown Rice*</div> <div>Sides: Edamame Succotash Honey Thyme Carrots Assorted Fresh Vegetables w/ Dip Seasonal Fresh Fruit Pears</div> | <div>Thursday, March 14</div> <div>NO SCHOOL</div> |
| <div>Friday, March 3</div> <div>BBQ Pork Riblet Sandwich* Hamburger/Cheeseburger*</div> <div>Sides: Potato Sidewinders Mini Carrots w/ Dip Baked Beans Seasonal Fresh Fruit Craisins/Raisins</div> | <div>Friday, March 8</div> <div>Spicy Chicken Sandwich* BBQ Pork Riblet Sandwich*</div> <div>Sides: Potato Sidewinders Colelsaw Baked Beans Seasonal Fresh Fruit Craisins/Raisins</div> | <div>Friday, March 15</div> <div>NO SCHOOL</div> |

| Breakfast Specials | | | | |
|---|---|---|--|--|
| <div><u>Mondays</u></div> <div>Sausage Biscuit* Mini Cinnis/Frudel* Cereal & Pop Tart*</div> <div><u>Sides:</u> Seasonal Fresh Fruit Canned Fruit 100% Fruit Juice Choice of Milk</div> | <div><u>Tuesdays</u></div> <div>Chicken Biscuit* PBJ Sandwich* Yogurt & Granola*</div> <div><u>Sides:</u> Seasonal Fresh Fruit Canned Fruit 100% Fruit Juice Choice of Milk</div> | <div><u>Wednesdays</u></div> <div>Sausage & Egg Croissant * Muffin* w/ Yogurt Cereal & Pop Tart* Coffee Cooler Meal*</div> <div><u>Sides:</u> Seasonal Fresh Fruit Canned Fruit 100% Fruit Juice Choice of Milk</div> | <div><u>Thursdays</u></div> <div>Bacon, Egg & Cheese Biscuit* Mini Pancakes/ Waffles* Blueberry Yogurt Parfait*</div> <div><u>Sides:</u> Seasonal Fresh Fruit Canned Fruit 100% Fruit Juice Choice of Milk</div> | <div><u>Fridays</u></div> <div>Glazed Yeast Donut* or Super Donut* Mini French Toast* Cereal Cup* Coffee Cooler Meal*</div> <div><u>Sides:</u> Seasonal Fresh Fruit Canned Fruit 100% Fruit Juice Choice of Milk</div> |

Everyday Offerings

Power Bowls
PB&J Grab and Go Bags
Seasonal Fresh Fruit
Fruit of the Day @ Breakfast

Beverages

8 oz. Flavored, Non-fat Milk
8 oz. Unflavored, Low-fat and Non-fat Milk

FOLLOW US:



HARVEST OF THE MONTH:

ROOT VEGGIES

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⇒ Edible roots come in many sizes, shapes, & colors.

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NATIONAL NUTRITION MONTH RESOURCES

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⇒ 20 Health Tips

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NATIONAL NUTRITION MONTH GAMES & ACTIVITIES

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⇒ Fill in the Blanks Game

⇒ Word Search



BEYOND THE TABLE

2024 NATIONAL NUTRITION MONTH™

A CAMPAIGN BY

THE ACADEMY OF NUTRITION AND DIETETICS

MARCH 2024: Clarke County High School Menu

Lunch Specials

| | | |
|---|---|---|
| <p>Monday, March 18</p> <p>Nashville Hot Chicken* & French Roll*</p> <p>Assorted Selection of Pizza*</p> | <p>Monday, March 25</p> <p>Chicken Tenders* & French Roll*</p> <p>Garlic & Herb Pull Aparts* & Marinara</p> | <p>Monday, April 1</p> <p>SPRING BREAK VACATION</p> |
| <p>Tuesday, March 19</p> <p>Beef Tacos*</p> <p>Street Chicken Taco*</p> <p>Bean & Cheese Burrito*</p> | <p>Tuesday, March 26</p> <p>Pork Carnitas Nachos*</p> <p>Beef & Queso Nachos*</p> | <p>Tuesday, April 2</p> <p>SPRING BREAK VACATION</p> |
| <p>Wednesday, March 20</p> <p>Chicken Tenders* & Waffle*</p> <p>Spinach and Egg Frittata Scramble w/ Biscuit*</p> | <p>Wednesday, March 27</p> <p>Vegetable Lasagna* & Garlic Bread*</p> <p>Assorted Selection of Pizza*</p> | <p>Wednesday, April 3</p> <p>SPRING BREAK VACATION</p> |
| <p>Thursday, March 21</p> <p>Cheese Ravioli w/ Pesto & French Roll*</p> <p>Assorted Selection of Pizza*</p> | <p>Thursday, March 28</p> <p>Poppysseed Chicken & Yeast Roll*</p> <p>Assorted Selection of Pizza*</p> | <p>Thursday, April 4</p> <p>SPRING BREAK VACATION</p> |
| <p>Friday, March 22</p> <p>Hamburger*/Cheeseburger*</p> <p>Chili & Cheese Hot Dog*</p> | <p>Friday, March 29</p> <p>Hot Honey Chicken Croissant*</p> <p>BBQ Pork Sandwich*</p> | <p>Friday, April 5</p> <p>SPRING BREAK VACATION</p> |

Breakfast Specials

| | | | | |
|--|--|--|--|---|
| <p><u>Mondays</u></p> <p>Sausage Biscuit*</p> <p>Mini Cinnis/Frudel*</p> <p>Cereal & Pop Tart*</p> | <p><u>Tuesdays</u></p> <p>Chicken Biscuit*</p> <p>PBJ Sandwich*</p> <p>Yogurt & Granola*</p> | <p><u>Wednesdays</u></p> <p>Sausage & Egg Croissant *</p> <p>Muffin* w/ Yogurt</p> <p>Cereal & Pop Tart*</p> <p>Coffee Cooler Meal*</p> | <p><u>Thursdays</u></p> <p>Bacon, Egg & Cheese Biscuit*</p> <p>Mini Pancakes/ Waffles*</p> <p>Blueberry Yogurt Parfait*</p> | <p><u>Fridays</u></p> <p>Glazed Yeast Donut* or Super Donut*</p> <p>Mini French Toast*</p> <p>Cereal Cup*</p> <p>Coffee Cooler Meal*</p> |
| <p><u>Sides:</u></p> <p>Seasonal Fresh Fruit</p> <p>Canned Fruit</p> <p>100% Fruit Juice</p> <p>Choice of Milk</p> | <p><u>Sides:</u></p> <p>Seasonal Fresh Fruit</p> <p>Canned Fruit</p> <p>100% Fruit Juice</p> <p>Choice of Milk</p> | <p><u>Sides:</u></p> <p>Seasonal Fresh Fruit</p> <p>Canned Fruit</p> <p>100% Fruit Juice</p> <p>Choice of Milk</p> | <p><u>Sides:</u></p> <p>Seasonal Fresh Fruit</p> <p>Canned Fruit</p> <p>100% Fruit Juice</p> <p>Choice of Milk</p> | <p><u>Sides:</u></p> <p>Seasonal Fresh Fruit</p> <p>Canned Fruit</p> <p>100% Fruit Juice</p> <p>Choice of Milk</p> |

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