



# MARCH

2021

Alvord Middle School



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f

French Toast Sticks  
OR Cereal & ColbyJack Cheese  
\*\*\*

Hamburger/Cheeseburger  
Seasoned Crinkle Fries  
Veggie Dippers

1.

Sausage Biscuit OR  
Cereal & Cinnamon Swirl Toast  
\*\*\*

Pepperoni Selfie Pizza  
Ranch Pasta Salad  
Corn on the Cob

2.

Strawberry Pop Tart & Cereal  
OR Cereal & Cheddar Cheese Stick  
\*\*\*

Chicken and Waffles  
Roasted Squash and Zucchini  
Baby Carrots

3.

Ultimate Hashbrown Taco  
OR Cereal & Granola Bar  
\*\*\*

Steak Fingers w/ Hot Roll  
OR Turkey Chef Salad  
Mashed Potatoes & Gravy  
Glazed Carrots

4.

Cinnamon Crisp & Berry Nachos OR  
Cereal & Mozzarella string cheese  
\*\*\*

Cheese Pizza  
Tater Tots  
Cherry Tomatoes

5.

Kolache  
OR Cereal & ColbyJack Cheese  
\*\*\*

Frito Pie OR  
Breaded Cheese Sticks w/ Marinara  
Golden Sweet Corn  
Caesar Side Salad

8.

Migas  
OR Cereal & Cinnamon Swirl Toast  
\*\*\*

Crispitos and Cheese Sauce OR  
Turkey Bacon Ranch Wrap  
Ranch Style Beans  
Cherry Tomatoes & Baby Carrots

9.

Apple Cinnamon Texas Toast  
OR Cereal & Cheddar Cheese Stick  
\*\*\*

Chicken Nuggets w/ Hot Roll  
Mashed Potatoes & Gravy  
Green Beans w/ Ham

10.

Nature Valley Oatmeal Round  
OR Cereal & Toast  
\*\*\*

Tangerine Chicken w/ Fried Rice  
OR Corn Dog  
Cherry Tomatoes  
Steamed Broccoli

11.

Mini Powdered Sugar Donuts  
OR Cereal & Mozzarella String Cheese  
\*\*\*

Pepperoni Pizza  
Seasoned Wedges  
Cucumber Coins

12.

Spring Break

15.

Spring Break

16.

Spring Break

17.

Spring Break

18.

Spring Break

19.

Peanut Butter & Grape Uncrustable  
OR Cereal & Colby Jack Cheese Stick  
\*\*\*

Hamburger/ Cheeseburger  
Tater Tots  
Baked Beans

22.

Mini Chicken Biscuits OR  
Cereal & Cinnamon Swirl Toast  
\*\*\*

Two Soft Tacos OR  
Chicken Spaghetti  
Corn on the Cob  
Garden Salad

23.

Pigtails OR  
Cereal & Toast  
\*\*\*

Breaded Chicken Drumstick  
Macaroni and Cheese  
Sautee Green Beans  
Quick Baked Potatoes

24.

Scrambled Eggs, Bacon & Toast  
OR Cereal & Granola Bar  
\*\*\*

Pancakes and Sausage Links  
OR Grilled Cheese Sandwich  
Tomato Basil Soup  
Tater Tots

25.

Glazed Donut  
OR Cereal & Mozzarella String Cheese  
\*\*\*

Cheese Pizza  
Seasoned Crinkle Fries  
Wango Mango Vegetable Juice

26.

French Toast Bites OR  
Cereal & Colby Jack Cheese Stick  
\*\*\*

Breaded Chicken Sandwich  
Seasoned Wedges  
Cucumber Coins

29.

Sausage Biscuit OR  
Cereal & Cinnamon Swirl Toast  
\*\*\*

Chili Cheese Nachos OR  
Meatball Sub  
Pinto Beans  
Veggie Dippers

30.

Banana Loaf OR  
Cereal & Cheddar Cheese Stick  
\*\*\*

Popcorn Chicken w/ Hot Roll  
Mashed Potatoes  
Golden Sweet Corn

31.

Special Announcements:

All students eat at no charge  
Adult: Breakfast 2.55 Lunch: 4.00

- School Breakfast Week Mar. 8-12



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

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Food and Nutrition Division  
National School Lunch Program and School Breakfast Program

1% low fat unflavored and fat free chocolate milk are available at breakfast and lunch daily.

A variety of fruit and fruit juice are also available daily.  
Substitutions may be sometimes need to be made with a nutritionally comparable menu item.

# ECLIPSE EGGS

An eclipse happens when a planet or a moon gets in the way of the sun's light. On Earth, we can experience two kinds of eclipses: solar eclipses and lunar eclipses. A solar eclipse happens when the moon passes in front of the sun and casts its shadow on Earth, making it dark during the day. During a lunar eclipse, Earth gets in the way of the sun's light hitting the moon. That means that during a lunar eclipse, the moon will fade away from view as Earth's shadow covers it up.

## CRACK THE CODE

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

23 8 5 14    5 7 7 19    20 5 12 12  
 10 15 11 5 19 ,    1 18 5    20 8 5 25  
 3 1 12 12 5 4    25 15 12 11 19 ?

Answer: When eggs tell jokes, are they called yolks?

## DID YOU KNOW?

This month celebrate School Breakfast Week in Texas by starting each day with healthy Texas foods. School Breakfast Week is a great time to try foods from farms and ranches in every part of the state! There are almost 250,000 farms and ranches in Texas and that is more than any other state.

Eggs, milk, lean meat, fruit, vegetables, and whole grains can all be part of a good breakfast- and they're all produced right here in Texas. Eggs are an "egg-cellent" source of choline, a nutrient your entire body needs to grow!



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Updated 01/2020  
www.SquareMeals.org