

Garvey School District - EHS / HS / TK

menus for MARCH 2025

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

START FRESH WITH FRUIT!

Everyone, young and old, should begin their morning with fresh fruit. It's the head start you can hold in your hand!



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

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

National School Breakfast Week, March 3 - 7!



Monday, March 3

Breakfast

1 ea WG Cereal & Yogurt
1 ea Milk and 1/2 c Fruit

Lunch

1 ea Cheeseburger Slider (EHS)
2 ea Cheeseburger Sliders (HS/TK)
1/4 c Yellow Corn
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Cheez Its
1 ea Low-Fat Milk

Tuesday, March 4

Breakfast

1 ea WG Pizza Bagel
1 ea Milk and 1/2 c Fruit

Lunch

1 ea WG Grilled Cheese Sandwich
1/4 c Steamed Baby Carrots
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Vanilla Bites
1 ea Low-Fat Milk

Wednesday, March 5

Breakfast

Scrambled Eggs & Hash Browns
1 ea Milk and 1/2 c Fruit

Lunch

1 ea WG Galaxy Pizza Rounds
1/2 c Mixed Green Salad
1 ea Milk and 1/2 c Fruit

Snack

1 ea Sliced Orange Wedges
1 ea Low-Fat Milk

Thursday, March 6

Breakfast

2 ea WG French Toast Sticks
1 ea Milk and 1/2 c Fruit

Lunch

1/2 c WG Penne Pasta & Meat Sauce
1/4 c Green Beans
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Maple Waffle Grahams
1 ea Low-Fat Milk

Friday, March 7

Breakfast

1 ea WG Breakfast Burrito
1 ea Milk and 1/2 c Fruit

Lunch

2 ea Chicken Strips
& 1 ea WG Aloha Dinner Roll
1/4 c Seasoned Potato Wedges
1 ea Milk and 1/2 c Fruit

Snack

1 ea Belly Bear Grahams
1 ea Low-Fat Milk

Monday, March 10

Breakfast

1 ea WG Blueberry Muffin
1 ea Milk and 1/2 c Fruit

Lunch

1 ea WG Cheese Quesadilla
1/4 c Yellow Corn
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Jungle Crackers
1 ea Low-Fat Milk

Tuesday, March 11

Breakfast

1 ea WG Mini Pancakes
1 ea Milk and 1/2 c Fruit

Lunch

1 ea RibBBQ Sandwich on Hoagie Roll
1/4 c Steamed Baby Carrots
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Scooby Doo Sticks
1 ea Low-Fat Milk

Wednesday, March 12

Breakfast

1 ea Egg Patty & Sausage
1 ea Milk and 1/2 c Fruit

Lunch

1 ea WG Pizza Slider (EHS)
2 ea WG Pizza Slider (HS/TK)
1/2 c Mixed Vegetables
1 ea Milk and 1/2 c Fruit

Snack

1 ea Sliced Apples &
1 ea Sunbutter Cup
1 ea Low-Fat Milk

Thursday, March 13

Breakfast

2 ea WG Belgian Waffle Sticks
1 ea Milk and 1/2 c Fruit

Lunch

2 ea Beef Teriyaki Dippers &
1/2 c Steamed Brown Rice
1/4 c Green Beans
1 ea Milk and 1/2 c Fruit

Snack

1 ea Mixed Berry Cups
1 ea Low-Fat Milk

Friday, March 14

Breakfast

1 ea WG Cereal & Yogurt
1 ea Milk and 1/2 c Fruit

Lunch

1 ea Turkey Ham & Cheese Sandwich
1/2 c Mixed Green Salad
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Cheez Its
1 ea Low-Fat Milk

Word of the Month

un·flap·pa·ble

adj. 1. calm and even-tempered, whether facing difficulty or success 2. not easily upset or excited



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

Monday, March 17

Happy St. Patrick's Day!

Breakfast

1 ea Scrambled "Green" Eggs & Diced Ham & 1 ea WG Toast
1 ea Milk and 1/2 c Fruit

Lunch

2 ea Chicken Tenders & 1 ea WG Roll
1/4 c Yellow Corn
1 ea Milk and 1/2 c Fruit

Snack

WG Cheez-Its
1 ea Low-Fat Milk

Tuesday, March 18

Breakfast

1 ea WG Pizza Bagel
1 ea Milk and 1/2 c Fruit

Lunch

1 ea "Beef Taco Stick Tuesday"
1/4 c Refried Beans
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Rainbow Goldfish Crackers
1 ea Low-Fat Milk

Wednesday, March 19

Breakfast

1 ea WG Cereal & 1 ea Yogurt
1 ea Milk and 1/2 c Fruit

Lunch

1/2 ea WG Cheese French Bread
Pizza (EHS)
1 ea WG Cheese French Bread
Pizza (HS/TK)

1/2 c Mixed Green Salad
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Jungle Crackers
1 ea Low-Fat Milk

Thursday, March 20

Breakfast

1 ea WG French Toast Sticks
1 ea Milk and 1/2 c Fruit

Lunch

New Item: Creamy Tuna Casserole or
1 ea Grilled Cheese Sandwich
1/4 c Green Beans
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Belly Bear Grahams
1 ea Low-Fat Milk

Friday, March 21

PLANNING DAY
No EHS & Full Day Classes.

Breakfast

1 ea WG Breakfast Burrito
1 ea Milk and 1/2 c Fruit

Lunch

6 ea Popcorn Chicken (EHS)
12 ea Popcorn Chicken (HS/TK)
1/4 c Crinkle Cut Fries
1 ea Milk and 1/2 c Fruit

Monday, March 24

STUDENT FREE DAY
Cesar Chavez Day



CESAR CHAVEZ

Tuesday, March 25

Breakfast

1 ea WG Cereal & 1 ea Yogurt
1 ea Milk and 1/2 c Fruit

Lunch

1 ea WG Cheesy Pull Aparts w/ 1
ea Marinara Sauce Dunk Cups
1/4 c Steamed Baby Carrots
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Giant Goldfish Graham
1 ea Low-Fat Milk

Wednesday, March 26

MINI WEDNESDAY

Breakfast

1 ea Egg Patty & Sausage
1 ea Milk and 1/2 c Fruit

Lunch

1 ea Pizza Slider (EHS)
2 ea Pizza Slider (HS/TK)
1/2 c Mixed Green Salad
1 ea Milk and 1/2 c Fruit

Thursday, March 27

Breakfast

1 ea WG Corn Muffin
1 ea Milk and 1/2 c Fruit

Lunch

1 ea Chicken Egg Rolls
& 1/2 c Vegetable Fried Rice
1/4 c Green Beans
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Scooby Doo Sticks
1 ea Low-Fat Milk

Friday, March 28

Breakfast

1 ea WG Mini Maple Waffles
New Item: Rise n' Shine
Strawberry Oats
1 ea Milk and 1/2 c Fruit

Lunch

1 ea WG Chicken Sandwich
1/4 c Waffle Fries
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG States & Capitals
1 ea Low-Fat Milk

Monday, March 31

Breakfast

1 ea WG Breakfast Burrito
1 ea Milk and 1/2 c Fruit

Lunch

1 ea Cheeseburger Slider (EHS)
2 ea Cheeseburger Sliders (HS/TK)
1/4 c Yellow Corn
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Vanilla Bites
1 ea Low-Fat Milk

Tuesday, April 1

Breakfast

1 ea WG Ham & Cheese
Croissant Sandwich
Milk and Fruit

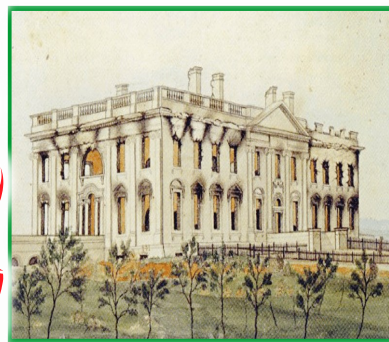
Lunch

1 ea "Taco Tuesday"
1/4 c Refried Beans
1 ea Milk and 1/2 c Fruit

Snack

1 ea Sliced Apples
& 1 ea Sunbutter Cup
1 ea Low-Fat Milk

OUR NATION'S HISTORY



During the month that we celebrate St. Patrick's Day, it's interesting to note that an Irish-born architect (James Hoban) designed and oversaw the building of the White House in Washington, D.C. -- not just once, but twice! Hoban first built the original White House in the 1790's, and he then rebuilt it after the British burned out the building during the War of 1812, as pictured here.

WITH LIBERTY & JUSTICE FOR ALL

AVAILABLE DAILY

MILK IS SERVED AT EVERY BREAKFAST, LUNCH & SNACK

1-2 YR. OLD = 1/2 CUP WHOLE UNFLAVORED MILK

& 2-5 YR. OLD = 3/4 CUP 1% UNFLAVORED MILK

ALL GRAINS OFFERED ARE WHOLE GRAIN RICH

Early Head Start (EHS) FOOD ITEMS ARE MODIFIED & ADJUSTED FOR TODDLERS



GSD
Food Services
Department
(626) 307-3407