

Garvey School District - K-8th Grade

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

KIDS! Please join us to celebrate National School Breakfast Week, March 3 - 7!



Monday, March 3

Breakfast
WG Pan Dulce Concha
Milk and Fruit

Lunch
WG Cheeseburger Sliders
Yellow Corn
Milk and Fruit

Snack
WG Cheetos Puffs
Low-Fat Milk

Tuesday, March 4

Breakfast
WG Pizza Bagel
Milk and Fruit

Lunch
WG Grilled Cheese Sandwich or
Manager's Choice
Baby Carrots & Ranch
Milk and Fruit

Snack
WG Vanilla Bites
Low-Fat Milk

Wednesday, March 5

Breakfast
Scrambled Eggs & Hash Browns
Milk and Fruit

Lunch
WG Galaxy Pizza Rounds
Mixed Green Salad
Milk and Fruit

Snack
WG Chocolate Chip Cookie
Low-Fat Milk

Thursday, March 6

Breakfast
WG French Toast Sticks
Milk and Fruit

Lunch
WG Penne Pasta & Meat Sauce
Green Beans
Milk and Fruit

Snack
WG Maple Waffle Grahams
Low-Fat Milk

Friday, March 7

Breakfast
WG Breakfast Honey Bun
Milk and Fruit

Lunch
Chicken Strips or Fish Sticks &
WG Aloha Dinner Roll
Seasoned Potato Wedges
Milk and Fruit

Snack
WG Cheez-Its
Low-Fat Milk

Monday, March 10

Breakfast
WG Blueberry or Banana
Muffin
Milk and Fruit

Lunch
WG Cheese or Chicken Quesadilla
Yellow Corn
Milk and Fruit

Snack
WG Jungle Crackers
Low-Fat Milk

Tuesday, March 11

Breakfast
WG Mini Pancakes
Milk and Fruit

Lunch
RibBQ Sandwich on Hoagie Roll
Baby Carrots & Ranch
Milk and Fruit

Snack
WG Scooby Doo Sticks
Low-Fat Milk

Wednesday, March 12

Breakfast
Egg Patty & Sausage
Milk and Fruit

Lunch
Domino's or Papa John's Pizza
Mixed Green Salad
Milk and Fruit

Snack
String Cheese & WG Crackers
Apple Juice

Thursday, March 13

Breakfast
WG Belgian Waffle Sticks
Milk and Fruit

Lunch
Beef Teriyaki Dippers &
Steamed Brown Rice
Green Beans
Milk and Fruit

Snack
WG Maple Waffle Grahams
Low-Fat Milk

Friday, March 14

Parent/Teacher
Conferences



**No School
Today!**

****K-8th STUDENT FREE DAY**
PARENT CONFERENCE****

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

Scrambled "Green" Eggs & Diced Ham & WG Toast Milk and Fruit

Lunch

"Drum-day Monday" Yellow Corn Chicken Drumstick & WG Roll Milk and Fruit

Snack

WG Cheez-Its Low-Fat Milk

Tuesday, March 18

Breakfast

WG Pizza Bagel Milk and Fruit

Lunch

"Beef Taco Stick Tuesday" Refried Beans Milk and Fruit

Snack

WG Rainbow Goldfish Crackers Low-Fat Milk

Wednesday, March 19

Breakfast

Scrambled Eggs & WG Toast Milk and Fruit

Lunch

WG French Bread Pizza Mixed Green Salad Milk and Fruit

Snack

WG Rice Krispies Treats Apple Juice

Thursday, March 20

Breakfast

WG French Toast Sticks Milk and Fruit

Lunch

New Item: Creamy Tuna Casserole or Grilled Cheese Sandwich or Manager's Choice Green Beans Milk and Fruit

Snack

WG Belly Bear Grahams Low-Fat Milk

Friday, March 21

Breakfast

WG Breakfast Burrito Milk and Fruit

Lunch

Popcorn Chicken or Fish Sticks Crinkle Cut Fries Milk and Fruit

Snack

WG Cinnamon Crumble Low-Fat Milk

Monday, March 24

STUDENT FREE DAY
Cesar Chavez Day



CESAR CHAVEZ

Tuesday, March 25

Breakfast

WG Cereal & Yogurt Milk and Fruit

Lunch

WG Cheese Stuffed Sticks w/ Marinara Sauce Dunk Cups Baby Carrots & Ranch Milk and Fruit

Snack

WG Giant Goldfish Graham Low-Fat Milk

Wednesday, March 26

Breakfast

Ham & Egg Patty English Muffin Sandwich or Manager's Choice Milk and Fruit

Lunch

Domino's or Papa John's Pizza Mixed Green Salad Milk and Fruit

Snack

String Cheese & WG Crackers Apple Juice

Thursday, March 27

Breakfast

WG Apple Frudel Milk and Fruit

Lunch

Chicken Egg Rolls & Vegetable Fried Rice Green Beans Milk and Fruit

Snack

WG Scooby Doo Sticks Low-Fat Milk

Friday, March 28

Breakfast

WG Mini Maple Waffles
New Item: Rise n' Shine
Strawberry Oats Milk and Fruit

Lunch

Chicken (Reg/Spicy) Sandwich or Tuna Salad Sandwich Waffle Fries Milk and Fruit

Snack

WG Hartzels Pretzels Low-Fat Milk

Monday, March 31

Breakfast

WG Breakfast Burrito Milk and Fruit

Lunch

WG Corn Dog or Hot Dog or WG Cheeseburger Sliders Yellow Corn Milk and Fruit

Snack

WG Vanilla Bites Low-Fat Milk

Tuesday, April 1

Breakfast

WG Ham & Cheese Croissant Sandwich Milk and Fruit

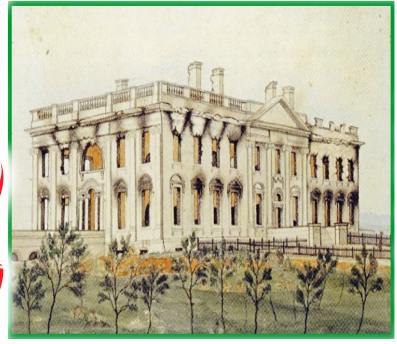
Lunch

"Taco Tuesday" Refried Beans Milk and Fruit

Snack

WG Cool Ranch Tortilla Chips 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



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

GARVEY SCHOOL DISTRICT - FOOD SERVICES

*** REMINDER TO ALL PARENTS & STUDENTS ***

A COMPLETE Breakfast or Lunch Meal must be selected by the student to be considered FREE \$0.00!

Take at least **3**
One must be a fruit

Take **3-5**
One must be a fruit or veggie

BREAKFAST

A COMPLETE BREAKFAST INCLUDES:

LUNCH

A COMPLETE LUNCH INCLUDES:

Student A La Carte

Menu Item Prices for SY 24-25

Main Entrée (Breakfast) = \$2.00

Main Entrée (Lunch) = \$3.50

Fruit/Vegetable/Juice = \$.75

Milk = \$.50



GSD Food Services Department (626) 307-3407