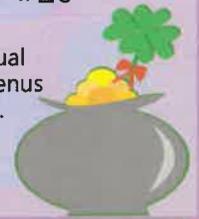




## Menus for

GANADO UNIFIED SCHOOL DISTRICT #20

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

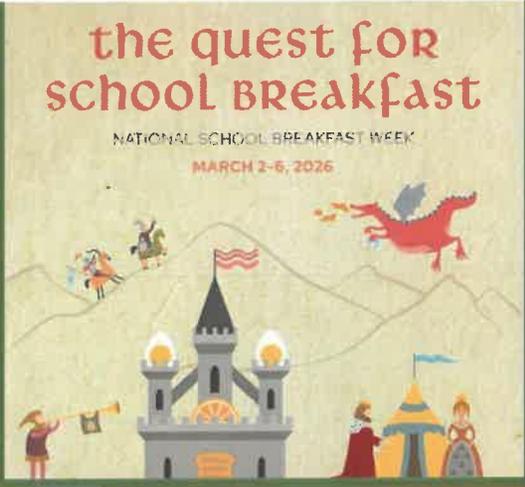


Happy St. Patrick's Day!

## Spring Forward



Sunday, March 8



# Kids!

Join us March 2-6 for National School Breakfast Week 2026!

# YOU'RE GOOD



ALL STUDENTS EAT BREAKFAST@ NO COST ALL YEAR LONG

GUSD NUTRITION SERVICES

**Monday, March 2**

**Breakfast**  
Egg & Sausage Sandwich,  
Fresh Fruit, Juice  
Choice of Milk

**Lunch**  
Chicken Bowl w/Mashed Potato  
Dinner Roll  
Green Beans  
Fresh Fruit  
Choice of Milk  
MS, HS Alternate Choice

**Tuesday, March 3**

**Breakfast**  
WG Breakfast Pizza,  
Fresh Fruits,  
Choice of Milk

**Lunch**  
Beef Tacos  
Cilantro Lime Br Rice  
Shred Lettuce/Tomato  
Black Bean Salad  
Fresh Fruit  
Choice of Milk  
MS, HS Alternate Choice

**Wednesday, March 4**

**Breakfast**  
Blueberry Muffin,  
Assorted Yogurt,  
Fresh Fruit  
Choice of Milk

**Lunch**  
Sloppy Joe on Wg  
Homemade Bun  
Celery Sticks  
French Fries  
Fresh Fruit  
Choice of Milk  
MS, HS Alternate Choice

**Thursday, March 5**

**Breakfast**  
WG Biscuit, Jelly,  
Scramble Eggs,  
Fresh Fruit  
Choice of Milk

**Lunch**  
Mandarin Orange  
Chicken w/ Br. Rice  
Steamed Veggies  
Carrots/Red Peppers  
Fresh Fruit  
Choice of Milk  
MS, HS Alternate Choice

**Friday, March 6**

**No School**

**301 Prop Day**

**For Staff**

**Available Daily @Middle & High School**

Monday: Chicken Sandwich  
Tuesday: Bean Burrito  
Wednesday: Corndogs  
Thursday: Pepperoni Pizza  
Friday: Cook's Choice

Menu are Subject to change

# SPRING BREAK



Break begins at the end of classes:  
**Friday, March 6**

Classes resume:  
**Monday, March**

# SQUEEZED FOR TIME?

Up to 30% of kids skip breakfast every school day. Even if your mornings are frantic, you'll feel better all day and do better in school, too, if you've had a balanced, nutritious breakfast!



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

**Monday, March 16**

### Breakfast

Cold Cereal,  
WG Toast, Jelly,  
Fresh Banana,  
Choice of Milk

### Lunch

Hot dog on a Bun  
Ranch Beans  
French Fries  
Cole Slaw  
Fresh Fruit  
Choice of Milk  
MS,HS Alternate Choice

**Monday, March 17**

### Breakfast

WG Breakfast Burrito,  
Apple Juice  
Fresh Fruit  
Choice of Milk

### Lunch

Salisbury Steaks  
Mashed Potato, Gravy  
WG Lunch Roll  
Steamed Broccoli  
Lime Fruited Gelatin  
Choice of Milk  
MS, HS Alternate Choice

**Wednesday, March 18**

### Breakfast

WG Bagel, Cream  
Cheese, Sausage,  
Fresh Fruit  
Choice of Milk

### Lunch

Turkey Wrap  
Gr Leaf/Tomato  
Celery Sticks  
Pasta Salad  
Fresh Fruit  
Choice of Milk  
MS,HS Alternate Choice

**Thursday, March 19**

### Breakfast

Waffle, Syrup  
Scrambled Eggs,  
Fresh Fruits  
Choice of Milk

### Lunch

Spaghetti Noodles  
w/Meat Sauce  
Romaine Salad  
WG Bread Stick  
Fresh Fruit  
Choice of Milk  
MS,HS Alternate Choice

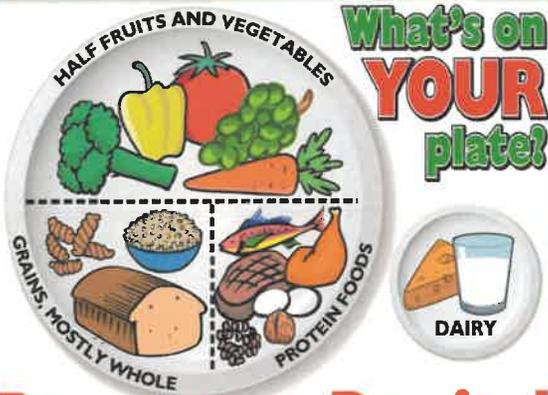
**Friday, March 20**

### Breakfast

Yellow Cornmeal,  
WG Toast, Jelly  
Fresh Fruit,  
Choice of Milk

### Lunch

Chicken Nuggets  
Steamed Corn  
Sliced Bread  
Baby Carrots  
Fresh Fruit  
Choice of Milk  
MS,HS Alternate Choice



What's on  
**YOUR**  
plate?



DAIRY

# Boost your Burrito!

Burritos made at home or at a Mexican restaurant, should **ALWAYS INCLUDE BEANS!** These tasty little wonders are a nutritional powerhouse, brimming with fiber, protein, and nutrients. For good nutrition, skimp on the cheese and load up on the beans!



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, March 23**

### Breakfast

Fruity Breakfast Pizza  
Sausage Patty  
Apple Juice, Fruit  
Choice of Milk

### Lunch

Ravioli  
Green Peas  
Carrot Sticks  
WG Lunch Roll  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

**Tuesday, March 24**

### Breakfast

Blue Corn Meal  
Hard Boiled Egg  
Apple Juice, Fruit  
Choice of Milk

### Lunch

Philly Chicken Sub  
Romaine Salad  
Ranch Dressing  
Seasoned Veggies  
Fresh Fruit  
Choice of Milk  
MS,HS Alternate Choice

**Wednesday, March 25**

### Breakfast

Turkey Ham, Egg,  
Cheese Sandwich  
Fresh Fruits  
Choice of Milk

### Lunch

Hamburger on a Bun  
French Fries  
Cole Slaw  
Ketchup  
Fresh Fruits  
Choice of Milk  
MS,HS Alternate Choice

**Thursday, March 26**

### Breakfast

Banana Muffin,  
Assorted Yogurt,  
Fresh Fruits  
Choice of Milk

### Lunch

Beef Pot Roast  
Mashed Potato, Gravy  
WG Lunch Roll  
Steamed Carrots  
Fresh Fruits  
Choice of Milk  
MS,HS Alternate Choice

**Friday, March 27**

### Breakfast

French Toast Sticks  
Syrup, Tater Tots,  
Assorted Fruits  
Choice of Milk

### Lunch

Grilled Ham & Cheese  
French Fries  
Celery Sticks  
Tomato Soup  
Fresh Fruit  
Choice of Milk  
MS, HS Alternate Choice

**Monday, March 30**

### Breakfast

Cream of Wheat  
WG Toast w/Jelly  
Fresh Fruits  
Choice of Milk

### Lunch

Baked Chicken Drums  
Wg Biscuit  
Steamed Carrots  
Potato Wedges  
Fresh Fruit  
Choice of Milk  
MS,HS Alternate Choice

**Tuesday, March 31**

### Breakfast

Blueberry Muffin,  
Assorted Yogurt,  
Juice, Fresh Fruit  
Choice of Milk

### Lunch

Lamb Stew  
WG Fry Bread  
Romaine Salad  
Baked Beans  
Fresh Fruit  
Choice of Milk  
MS,HS Alternate Choice

## Weird SCIENCE

# Make a RUBBER EGG!

**You'll Need:**

- ✓ a raw egg
- ✓ white vinegar
- ✓ a plastic container

- 1 Place the raw egg in the container and cover it with vinegar.
- 2 After 24 hours, gently prod the egg with your finger. Does it feel soft and elastic like rubber? (If not, replace the vinegar with fresh vinegar and wait another 24 hours.)
- 3 Congratulations! You have used the vinegar to "decalcify" the egg. The egg shell contains a substance called "calcium carbonate." The acid in the vinegar dissolves the calcium carbonate in the egg shell, and what's left is soft and flexible rather than hard and rigid. You've created a rubber egg!
- 4 Poke the egg (gently) with a fork until you pierce the shell and the yolk and white come out. The shell should look like a popped balloon!