

**Forbes and Southwest  
Elementary Schools**

# MENUS FOR MARCH 2024

This institution is an equal  
opportunity provider  
and employer.

**YOU'RE  
GOOD**



**ALL STUDENTS EAT ALL MEALS@  
NO COST ALL YEAR LONG**

**TORRINGTON SCHOOL DISTRICT NUTRITION SERVICES**

**Monday, March 4**

**Breakfast**

Mini Cornbread Loaf  
Fruit/Juice  
Milk

**Lunch**

Chicken Nuggets  
Or  
Boars Head Turkey & Cheese  
Baked Sweet Potato Fries  
Green Beans

**Tuesday, March 5**

**Breakfast**

Assorted Bread  
Fruit/Juice  
Milk

**Lunch**

Tacos w/ Lettuce and  
Tomato, Cheese and Salsa  
Or  
Boars Head Ham & Cheese  
Steamed Brown Rice  
Sweet Corn

**Wednesday, March 6**

**Breakfast**

Maple Waffles  
Fruit/Juice  
Milk

**Lunch**

Pizza Max Sticks with  
Marinara Sauce  
or  
Boars Head Turkey & Cheese  
Fresh Steamed Broccoli

**Thursday, March 7**

**Breakfast**

Cinnamon Roll  
Fruit/Juice  
Milk

**Lunch**

Hamburger or Cheeseburger  
Or  
Boars Head Ham & Cheese  
Oven Fries  
Steamed Veggies

**Friday, March 8**

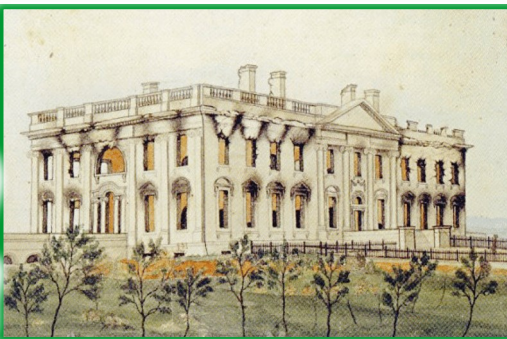
**Breakfast**

Assorted Muffins  
Fruit/Juice  
Milk

**Lunch**

Stuffed Crust Cheese Pizza  
or  
Boars Head Turkey & Cheese  
Garden Salad

## OUR NATION'S HISTORY



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uring 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


**Friday, March 1**

**Breakfast**


Pancakes  
Fruit/Juice  
Milk

**Lunch**


Cheese Pizza  
or  
Boars Head Ham & Cheese  
Mixed Greens Salad with  
Tomatoes







## AVAILABLE DAILY

**Alternate Meals:**

- ◆ Chef Salad
- ◆ SBJ/PBJ
- ◆ Bagel Box

**Your complete lunch will also include:**

Rainbow Tray including:  
Locally Grown Fruits and Veggies (when Available) as well as Canned

8 oz Milk (Lowfat White or Flavored)







**Monday, March 11**

**Breakfast**

Assorted Donuts  
Fruit/Juice  
Milk

**Lunch**

French Toast Sticks  
Or  
Boars Head Ham & Cheese  
Turkey Sausage Patty  
Hash Brown Potato

**Tuesday, March 12**

**Breakfast**

Breakfast Pizza  
Fruit/Juice  
Milk

**Lunch**

Bosco Sticks with Marinara  
Or  
Boars Head Turkey & Cheese  
Garden Salad

**Wednesday, March 13**

**Breakfast**

Breakfast Bar  
Fruit/Juice  
Milk

**Lunch**

Hot Dog on a Roll  
Or  
Boars Head Ham & Cheese  
Baked Beans  
Steamed Carrots

**Thursday, March 14**

**Breakfast**

Cinnamon Crumb Cake  
Fruit/Juice  
Milk

**Lunch**

Dutch Waffles  
Or  
Boars Head Turkey & Cheese  
Hash Brown Patty  
Turkey Sausage Patty

**Friday, March 15**

**Breakfast**

Snackin Waffles  
Fruit/Juice  
Milk

**Lunch**

Cheese Pizza  
or  
Boars Head Ham & Cheese  
Mixed Greens Salad with  
Tomatoes

Daylight Saving Time was first proposed by Benjamin Franklin in 1784, as a way to save money on candles!

**Spring forward  
on  
March 10**



**Monday, March 18**

**Breakfast**

Cinnamon French Toast  
Fruit/Juice  
Milk

**Lunch**

Pizza Bites  
Or  
Boars Head Turkey & Cheese  
Steamed Green Beans

**Tuesday, March 19**

**Breakfast**

Apple Roll  
Fruit/Juice  
Milk

**Lunch**

Chicken Nuggets with a Soft  
Pretzel  
or  
Boars Head Ham & Cheese  
Smiley Fries

**Wednesday, March 20**

**Breakfast**

Bagel with Cream Cheese  
Fruit/Juice  
Milk

**Lunch**

Mac & Cheese  
Or  
Boars Head Turkey & Cheese  
Garlic Breadstick  
Steamed Broccoli

**Thursday, March 21**

**Breakfast**

Maple Pancakes  
Fruit/Juice  
Milk

**Lunch**

Chicken Patty on a Roll  
Or  
Boars Head Ham & Cheese  
Sweet Potato Fries

**Friday, March 22**

**Breakfast**

Egg & Cheese on an English  
Muffin  
Fruit/Juice  
Milk

**Lunch**

Stuffed Crust Cheese Pizza  
or  
Boars Head Turkey & Cheese  
Romaine Lettuce Salad

## FIRST THINGS FIRST!

This year, we've been telling you a lot about the educational and health benefits of eating a nutritious breakfast. Remember: kids can't do their best unless they're well fed in the morning!



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

**Monday, March 25**

**Breakfast**

Assorted Muffin  
Fruit/Juice  
Milk

**Lunch**

French Toast Sticks  
Or  
Boars Head Ham & Cheese  
Turkey Sausage Patty  
Hash Brown Potato

**Tuesday, March 26**

**Breakfast**

Apple Churro  
Fruit/Juice  
Milk

**Lunch**

Mozzarella Sticks with  
Marinara Sauce  
or  
Boars Head Turkey & Cheese  
Garden Salad

**Wednesday, March 27**

**Breakfast**

Mini Cornbread Loaf  
Fruit/Juice  
Milk

**Lunch**

Egg & Turkey Sausage Patty  
on an English Muffin  
Or  
Boars Head Ham & Cheese  
Hash Brown Potatoes

**Thursday, March 28**

**Breakfast**

Assorted Bread  
Fruit/Juice  
Milk

**Lunch**

Chicken Tenders with a Soft  
Dinner Roll  
or  
Boars Head Turkey & Cheese  
Mashed Potatoes  
Steamed Corn



**No  
School  
Today**

## 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**