**Menus for March 2020**

*Codman Academy Charter Public School K1-8*

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

### Breakfast
- **Monday, March 2**: Whole Grain Pancakes, Chicken Sausage, Fresh Fruit, Assorted Milk
- **Tuesday, March 3**: Cereal Bar, String Cheese, Fresh Fruit, Assorted Milk
- **Wednesday, March 4**: Hot Breakfast Sandwich, Fresh Fruit, Assorted Milk
- **Thursday, March 5**: Cereal, Cereal Bar, String Cheese, Fresh Fruit, Assorted Milk
- **Friday, March 6**: Whole Grain French Toast, Chicken Sausage, Fresh Fruit, Assorted Milk

### Lunch
- **Monday, March 2**: Vegetable Curry Rice Bowl w/ Tofu, Garden Salad, Assorted Fresh Fruit & Milk
- **Tuesday, March 3**: Jamaican Jerk Chicken w/ Rice & Beans and Seasonal Veggies, Garden Salad, Assorted Fresh Fruit & Milk
- **Wednesday, March 4**: Turkey & Cheese Wrap, Garden Salad, Carrot & Celery Sticks, Assorted Fresh Fruit & Milk
- **Thursday, March 5**: Cheese Pizza, Garden Salad, Assorted Fresh Fruit & Milk
- **Friday, March 6**: Grab & Go Lunches w/ Fresh Fruit & Veggies

### Off the Clock

**Before placing your order, please inform your server, if a person in your party has an allergy.**

**Eat Better, Play Harder, Live Healthier, Learn Easier. Wellness is a Way of Life!**
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<tr>
<th>Date</th>
<th>Breakfast</th>
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<tbody>
<tr>
<td>Monday, March 9</td>
<td>Hot Breakfast, Fresh Fruit, Assorted Milk</td>
<td>Baked WG Mac &amp; Cheese, Roasted Cauliflower Garden Salad, Fresh Fruit &amp; Milk</td>
<td>Tuesday, March 10</td>
<td>Bagel with Cream Cheese, String Cheese, Fresh Fruit, Assorted Milk</td>
<td>Caribbean Chicken, Steamed Brown Rice &amp; Carrots, Garden Salad, Fresh Fruit &amp; Milk</td>
<td>Wednesday, March 11</td>
<td>Hot Breakfast Sandwich, Fresh Fruit, Assorted Milk</td>
<td>Turkey &amp; Cheese Wrap, Carrot &amp; Celery Sticks, Garden Salad, Fresh Fruit &amp; Milk</td>
<td>Thursday, March 12</td>
<td>Cereal, Muffin, Fresh Fruit, Assorted Milk</td>
<td>Whole Grain Breaded Chicken Patty Sandwich, Broccoli Slaw w/ Dried Cranberries, Garden Salad, Fresh Fruit &amp; Milk</td>
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<td>Monday, March 16</td>
<td>Hot Breakfast, Fresh Fruit, Assorted Milk</td>
<td>Loaded Grilled Cheese with Spinach &amp; Tomato Garden Salad, Assorted Fresh Fruit &amp; Milk</td>
<td>Tuesday, March 17</td>
<td>Cereal Bar, String Cheese, Fresh Fruit, Assorted Milk</td>
<td>Harvest Vegetable Stew w/ Chicken, Warm WG Biscuits, Assorted Fresh Fruit &amp; Milk</td>
<td>Wednesday, March 18</td>
<td>Hot Breakfast Sandwich, Fresh Fruit, Assorted Milk</td>
<td>Turkey &amp; Cheese Wrap, Carrot &amp; Celery Sticks, Garden Salad, Assorted Fresh Fruit &amp; Milk</td>
<td>Thursday, March 19</td>
<td>Cereal, Muffin, Fresh Fruit, Assorted Milk</td>
<td>Cheese Pizza, Garden Salad, Assorted Fruit &amp; Milk</td>
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<td>Monday, March 23</td>
<td>Hot Breakfast, Fresh Fruit, Assorted Milk</td>
<td>Veggie Burger, Steamed Green Beans Garden Salad, Assorted Fresh Fruit &amp; Milk</td>
<td>Tuesday, March 24</td>
<td>Cereal Bar, String Cheese, Fresh Fruit, Assorted Milk</td>
<td>Chicken, Broccoli, &amp; WG Penne w/ Pesto Cream, Garden Salad, Assorted Fresh Fruit &amp; Milk</td>
<td>Wednesday, March 25</td>
<td>Hot Breakfast Sandwich, Fresh Fruit, Assorted Milk</td>
<td>Turkey &amp; Cheese Wrap, Carrot &amp; Celery Sticks, Garden Salad, Assorted Fresh Fruit &amp; Milk</td>
<td>Thursday, March 26</td>
<td>Bagel &amp; Cream Cheese, Yogurt, Fresh Fruit, Assorted Milk</td>
<td>Cheese Pizza, Garden Salad, Assorted Fruit &amp; Milk</td>
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<tr>
<td>Friday, March 20</td>
<td>Whole Grain Pancakes &amp; Sausage, Fresh Fruit, Assorted Milk</td>
<td>Garb &amp; Go Lunches with Assorted Fruits &amp; Vegetables</td>
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Q: What can you do with a LEEK?!
A: The answer is D – none of the above. The other choices are all LEAKS, not LEEKS! Leeks are mild-flavored veggies related to onions that are often used to flavor soups, but can also be enjoyed sliced and sauteed!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/produ healthy/food/pyramid.html

Many Moons
Native Americans had special names for every full moon of the year. One name for this month’s full moon is the “Full Corn Moon,” because by March snow cover is melting during the day and re-freezing and crusts over by night.
Before placing your order, please inform your server if a person in your party has an allergy.

Assorted Fresh Fruits, Vegetables & Milk are served daily with Breakfast & Lunch.

**Breakfast**
- Monday: Hot Breakfast
- Tuesday: Cereal or Cereal Bar
- Wednesday: Hot Breakfast Sandwich
- Thursday: Hot Breakfast Bar
- Friday: Muffin & Yogurt

**Alternate Lunch Choices**
- Fresh Salad Bar
- Sun-butter & Jelly Sandwich
- Turkey & Cheese Sandwich

### Featured Specials of the Day

**Monday, March 2**
Vegetable Curry Rice Bowl w/ Tofu

**Tuesday, March 3**
Jamaican Jerk Chicken w/ Rice & Beans & Seasonal Veggies

**Wednesday, March 4**
Deli Day
Submit a Sandwich Request Form

**Thursday, March 5**
Cheese Pizza
Garden Salad
Fruit Cup

**Friday, March 6**
Grab & Go Lunch

**OFF THE CLOCK.**
A clock can’t always tell you when it’s time for breakfast! Eat at home before you start your day. Or eat when you get where you’re going. Or eat something mid-morning. Research even suggests we learn and feel better when we eat TWO smaller healthy breakfasts.

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

**Our Nation’s History**

The Declaration of Independence was written in 1776 by a committee of the Continental Congress that had three members: Ben Franklin, John Adams, and Thomas Jefferson. Franklin was already 70 at the time and would live another 14 years. Adams and Jefferson were younger men, and each would go on to become President of the United States – and they also became bitter political rivals in the young republic. In later life, they would become friends again and correspond for many years. Amazingly, Adams and Jefferson died on the same day, and, even more amazingly, that day was July 4, 1826 – exactly 50 years to the day from the signing of their Declaration.
**eat fit wanna stay fit? gotta eat right!**

**item:** bananas

**verdict:** peel away

**tip:** Bananas are a perfect portable breakfast or snack! Athletes love them before a workout for their easily digestible carb fuel and after a workout with a protein food like peanut butter for recovery. Bananas even replace potassium lost during prolonged exercise!

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**Featured Specials of the Day**

**Monday, March 9**
- Baked WG Mac & Cheese
- Roasted Cauliflower

**Tuesday, March 10**
- Caribbean Chicken
- Steamed Brown Rice
- Carrots

**Wednesday, March 11**
- Deli Day
  - Submit a Sandwich Request Form

**Thursday, March 12**
- Whole Grain Breaded Chicken Patty Sandwich
- Broccoli Slaw w/ Dried Cranberries

**Friday, March 13**
- Grab & Go
  - Lunch

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**Monday, March 16**
- Loaded Grilled Cheese with Spinach & Tomato
- Tomato Basil Soup

**Tuesday, March 17**
- Harvest Vegetable Stew w/ Chicken
  - Warm WG Biscuit

**Wednesday, March 18**
- Deli Day
  - Submit a Sandwich Request Form

**Thursday, March 19**
- Cheese Pizza
- Garden Salad
- Fruit Cup

**Friday, March 20**
- Grab & Go
  - Lunch

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**Please see the other page for items available daily**

**Featured Specials of the Day**

**Monday, March 23**
- Veggie Burger
- Green Beans

**Tuesday, March 24**
- Chicken, Broccoli, & WG Penne w/ Pesto Cream
  - Spinach Salad

**Wednesday, March 25**
- Deli Day
  - Submit a Sandwich Request Form

**Thursday, March 26**
- Whole Grain Breaded Chicken Patty Sandwich
  - Mediterranean Three Bean Salad

**Friday, March 27**
- Grab & Go
  - Lunch

**Monday, March 30**
- Baked WG Mac & Cheese
- Roasted Cauliflower

**Tuesday, March 31**
- Caribbean Chicken
- Steamed Brown Rice
- Carrots

**Wednesday, March 31**
- Deli Day
  - Submit a Sandwich Request Form

**Thursday, March 31**
- Whole Grain Breaded Chicken Patty Sandwich
  - Mediterranean Three Bean Salad

**Friday, March 30**
- Grab & Go
  - Lunch

**Monday, March 30**
- Vegetarian Chili
  - Corn Bread

**Tuesday, March 31**
- Turkey Enchilada Casserole
  - Fiesta Corn