



# MARCH

2021

## EHS LUNCH MENU



**4 oz. Milk**  
**4 oz. Beef and Bean Chili**  
**½ Corn Muffin**  
**1/8 c Squash**  
**¼ c Diced Pears**

1.

**4 oz. Milk**  
**½ Chicken Fajitas**  
**1/8 c Refried Beans**  
**1/8 c Shredded Lettuce**  
**1/8 c Cubed Apricots**

2.

**4 oz. Milk**  
**½ Breaded Pork Patty**  
**1/8 c Mashed Potatoes & 2 Tbsp. Gravy**  
**1/8 c Broccoli**  
**¼ slc Wheat Bread**

3.

**4 oz. Milk**  
**1/3 c. Beef Goulash**  
**1/8 c Sliced Carrots**  
**1/8 c Diced Strawberries**  
**¼ Wheat Dinner Roll**

4.

**4 oz. Milk**  
**2 Fish Sticks**  
**1/8 c Sweet Potato Fries**  
**1/8 c Berry Blend**  
**¼ slc Wheat Bread**

5.

# HAPPY SPRING BREAK

8.

9.

10.

11.

12.

**4 oz. Milk**  
**½ Grilled Ham & Cheese Sandwich**  
**1/8 c Tomato Soup**  
**1/8 c Mixed Fruit**

15.

**4 oz. Milk**  
**1 oz. Grilled Chicken Patty**  
**¼ c Brown Rice**  
**1/8 c Diced Strawberries**  
**¼ slc Wheat Bread**

16.

**4 oz. Milk**  
**¾ c Beef Spaghetti**  
**1/8 c Broccoli & Cheese**  
**½ Wheat Dinner Roll**  
**1/8 c Raspberries**

17.

**4 oz. Milk**  
**½ Chicken Enchilada**  
**1/8 c Refried Beans**  
**1/8 Tossed Salad**  
**1/8 c Diced Mangos**

18.

**4 oz. Milk**  
**2 Steak Fingers w/ 2 Tbsp. Gravy**  
**1/8 c Mashed Potatoes**  
**1/8 c Cubed Apricots**  
**¼ slc Buttered Texas Toast**

19.

**4 oz. Milk**  
**½ Chicken Quesadilla**  
**¼ c Spanish Rice**  
**1/8 c Diced Tomatoes**  
**1/8 c Diced Peaches**

22.

**4 oz. Milk**  
**½ Sloppy Joe Sandwich**  
**1/8 c Baked Beans**  
**1/8 c Carrot Sticks**  
**1/8 c Diced Pineapples**

23.

**4 oz. Milk**  
**4 Beef Ravioli Pies**  
**1/8 c Corn**  
**1/8 c Diced Mangos**  
**¼ slc Garlic Toast**

24.

**4 oz. Milk**  
**8 Popcorn Chicken**  
**1/8 c Sweet Potato Fries**  
**1/8 c Snap Peas**  
**1/8 c Apricots**  
**¼ slc Wheat Bread**

25.

**4 oz. Milk**  
**1 slc Cheese Pizza**  
**1/8 c Tossed Salad**  
**1/8 c Diced Strawberries**

26.

**4 oz. Milk**  
**1.5 oz. Sliced Ham**  
**¼ c Macaroni & Cheese**  
**1/8 c Snap Peas**  
**1/8 c Fresh Sliced Apples**  
**¼ Wheat Dinner Roll**

29.

**4 oz. Milk**  
**2 Chicken Nuggets**  
**1/8 c Sweet Potato Fries**  
**1/8 c Tossed Salad**  
**1/8 c Diced Mangos**  
**¼ Wheat Dinner Roll**

30.

**4 oz. Milk**  
**1 oz. Hamburger**  
**1 Lettuce Leaf & Slice Tomato**  
**1/8 c Tater Tots**  
**1/8 c Diced Strawberries**

31.

### Special Announcements:

- School Breakfast Week Mar. 8-12



# ECLIPSE EGGS



An eclipse happens when a planet or a moon gets in the way of the sun's light. On Earth, we can experience two kinds of eclipses: solar eclipses and lunar eclipses. A solar eclipse happens when the moon passes in front of the sun and casts its shadow on Earth, making it dark during the day. During a lunar eclipse, Earth gets in the way of the sun's light hitting the moon. That means that during a lunar eclipse, the moon will fade away from view as Earth's shadow covers it up.

## CRACK THE CODE

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

23 8 5 14 5 7 7 19 20 5 12 12

10 15 11 5 19 , 1 18 5 20 8 5 25

3 1 12 12 5 4 25 15 12 11 19 ?

Answer: When eggs tell jokes, are they called yolks?

## DID YOU KNOW?

This month celebrate School Breakfast Week in Texas by starting each day with healthy Texas foods. School Breakfast Week is a great time to try foods from farms and ranches in every part of the state! There are almost 250,000 farms and ranches in Texas and that is more than any other state.

Eggs, milk, lean meat, fruit, vegetables, and whole grains can all be part of a good breakfast and they're all produced right here in Texas. Eggs are an "egg-cellent" source of choline, a nutrient your entire body needs to grow!



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Food and Nutrition Division  
National School Lunch Program and School Breakfast Program



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www.SquareMeals.org