

# MARCH 2018

## Blaine School District

### Harvest of the Month

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

*Friday*

### Did You Know...

An old proverb says, "March comes in a like a lion, and goes out like a lamb," which is reference to winter ending and spring beginning. Another popular saying is "March is mad as a hare," which is a reference to the animals fighting each other.

Benefit Bar

5

Pizza  
Salad  
Fruit

Pancake on a Stick

6

Sub Sandwich  
WG Chips  
Fruit & Veggie

Banana Bread

7

Chicken Nuggets  
Fries-Primary  
Mashed Potatoes & Gravy  
-Elementary  
Dinner Roll  
Fruit & Veggies

Benefit Bar

1

Corn Dog  
Baked Beans  
Fruit and Veggies

Cinnamon Roll

2

Hamburger  
Fries  
Fruit & Veggies

Breakfast Pizza

8

Hot Dog or  
Chili Dog  
Fruit & Veggies

Cinnamon Roll

9

Chicken Burger  
WG Chips  
Fruit & Veggies

Cereal Bar or Cereal

12

Nachos  
Black beans  
Fruit & Veggies

Mini Waffles

13

French Toast  
Sausage  
Tator Tots  
Fruit & Veggies

Stuffed Bagel

14

Chicken Nuggets  
Mashed Potatoes & Gravy  
Dinner Roll  
Fruit & Veggies

Yogurt & Crackers

15

Sub Sandwich  
WG Chips  
Fruit & Veggies

Cinnamon Roll

16

Hamburger  
Fries  
Fruit & Veggies

Late Arrival

19

Quesadilla  
Rice  
Refried Beans  
Fruit & Veggies

Pancakes

20

Pizza  
Salad  
Fruit

Pumpkin Bread

21

Chicken Nuggets  
Fries-Primary  
Mashed Potatoes & Gravy  
-Elementary  
Dinner Roll  
Fruit & Veggies

French Toast

22

Primary- Chicken Noodle  
Soup  
Elementary- Tomato Soup  
Stuffed Cheese Sticks  
Veggies & Fruit

Cinnamon Roll

23

Chicken Burger  
Fries  
Fruit & Veggies

Bennifit Bar

26

Teriyaki Dippers  
Rice  
Black Beans & Corn

Pancake on a stick

27

Hot Dog  
With Mac & Cheese  
Fruit & Veggies

Yogurt & Crackers

28

Chicken Nuggets  
Mashed Potatoes & Gravy  
Dinner Roll  
Fruit & Veggies

Breakfast Pizza

29

Harvest of the Month  
Grain  
  
Penne Pasta w/ Sauce  
Cheese Bread  
Fruit & Veggies

Cinnamon Roll

30

Hot Ham & Cheese  
WG Chips  
Fruit & Veggies

### Fun Facts about Grains

- A grain is a seed harvested from a grass (like wheat or corn).
- Popcorn is one type of whole grain enjoyed by many people. It comes from a special type of corn called "Zea mays everta." This is the only type of corn that can "pop."
- Quinoa (pronounced "keen-wa") is a whole grain that dates back to ancient Incan civilizations. It was so important that it was called the "gold of the Incas."
- Whole grains provide carbohydrates, protein, fiber, vitamins and minerals, which are good for your health.

### School News

Meal Prices:

Breakfast:

Paid: \$1.50,

Reduced : Free

Adult \$ 2.50

Lunch:

Paid: \$2.75

Reduced K-3<sup>rd</sup> : Free

Reduced 4-5<sup>th</sup> \$.40

Adult \$3.50

Ala carte Milk: \$.50

**We are an equal  
opportunity provider**

Menu could change due to availability  
If you have not filled out an application for Free or Reduced Meals this year, you can pick one up at any office or on Blaine School District Web page.