

MARCH 2024

Westerly Elementary Breakfast and Lunch Menu

National School Breakfast Week
March 4th - 8th

Gluten free options available upon request.

Breakfast Prices

Paid: \$1.90

Reduced: \$0.30

Lunch Prices

Paid: \$2.95

Reduced: \$0.40

Contact Information:

Monique Herard- Foodservice Director

401-315-1610 or herard-Monique@aramark.com



ACE'S CORNER



Assorted Cereal available at breakfast daily

Vegetarian entrees are written in green

Assorted Fruits & Veggie bar available daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oatmeal Round 26 Apple, 100% Fruit Juice <hr/> 1. Hot Dog 2. Chicken Patty Sandwich 3. All-American Sub 4. Bagel & Yogurt Lunch Kit Baked Beans	Mini Strawberry Bagel 27 Raisin, 100% Fruit Juice <hr/> 1. Meatball Pizza Sub 2. Hamburger or Cheeseburger 3. Chicken Caesar Salad w/ Roll 4. Bagel & Yogurt Lunch Kit Green Beans, Strawberries	Muffin w/ String Cheese 28 Mixed Fruit, 100% Fruit Juice <hr/> 1. Mini French Toast w/ Omelet 2. Veggie Chicken Nuggets w/ Roll 3. All-American Sub 4. Bagel & Yogurt Lunch Kit Hash Brown	Mini Waffles 29 Applesauce, 100% Fruit Juice <hr/> 1. Beef & Cheese Nachos 2. Chicken Nuggets w/ Roll 3. Chicken Caesar Salad w/ Roll 4. Bagel & Yogurt Lunch Kit Cucumber & Tomato Salad	Benefit Bar 01 Diced Pears, 100% Fruit Juice <hr/> 1. Cheese Pizza 2. Pepperoni Pizza 3. All-American Sub 4. Bagel & Yogurt Lunch Kit Broccoli
Cinnamon Breakfast Round 04 Applesauce, 100% Fruit Juice <hr/> 1. Breaded Chicken Drumstick 2. Chicken Patty Sandwich 3. Garden Salad w/ Cheese & Roll 4. Ham, Cheese, & Cracker Kit Mashed Potato	Egg Muffin Melt 05 Apple, 100% Fruit Juice <hr/> 1. Mac & Cheese w/ Roll 2. Hamburger or Cheeseburger 3. Garden Salad w/ Cheese & Roll 4. Ham, Cheese, & Cracker Kit Cucumber	Banana Bread 06 Diced Pears, 100% Fruit Juice <hr/> 1. Waffles w/ Sausage 2. Grilled Bacon & Cheese 3. Garden Salad w/ Cheese & Roll 4. Ham, Cheese, & Cracker Kit Baby Carrots	Assorted Cereal 07 Craisins, 100% Fruit Juice <hr/> 1. Chicken & Cheese Quesadilla 2. Popcorn Chicken w/ Roll 3. Garden Salad w/ Cheese & Roll 4. Ham, Cheese, & Cracker Kit Vegetarian Baked Beans	Cinni Mini 08 Diced Peaches, 100% Fruit Juice <hr/> 1. Cheese Pizza 2. Meatball Pizza 3. Garden Salad w/ Cheese & Roll 4. Ham, Cheese, & Cracker Kit Kale Caesar Salad
Muffin w/ String Cheese 11 Apple, 100% Fruit Juice <hr/> 1. Pizza Sticks w/ Dipping Sauce 2. Chicken Patty Sandwich 3. Turkey & Cheese Sub 4. Flatbread Pizza Lunch Kit Green Beans	Egg & Sausage Sandwich 12 Diced Pears, 100% Fruit Juice <hr/> 1. Chicken Parm Sandwich 2. Hamburger or Cheeseburger 3. Turkey & Cheese Sub 4. Flatbread Pizza Lunch Kit Carrots	Bagel w/ Cream Cheese or Jelly 13 Orange, 100% Fruit Juice <hr/> 1. French Toast Sticks w/ Omelet 2. Grilled Cheese Sandwich 3. Turkey & Cheese Sub 4. Flatbread Pizza Lunch Kit Smiley Fries	Mini Waffles 14 Raisins, 100% Fruit Juice <hr/> 1. Beef & Cheese Nachos 2. Chicken Nuggets w/ Roll 3. Turkey & Cheese Sub 4. Flatbread Pizza Lunch Kit BBQ Black Beans	Cinnamon Roll 15 Banana, 100% Fruit Juice <hr/> 1. Cheese Pizza 2. Pepperoni Pizza 3. Turkey & Cheese Sub 4. Muffin, Yogurt, & Cheese Kit Broccoli
Cinnamon Breakfast Round 18 Applesauce, 100% Fruit Juice <hr/> 1. Corn Dog 2. Chicken Patty Sandwich 3. Popcorn Chicken Salad w/ Roll 4. Sun Butter & Jelly Bagel Kit Baked Beans	Egg & Cheese Biscuit Melt 19 Orange, 100% Fruit Juice <hr/> 1. Orange Chicken w/ Rice 2. Hamburger or Cheeseburger 3. Popcorn Chicken Salad w/ Roll 4. Sun Butter & Jelly Bagel Kit Broccoli	Pumpkin Bread 20 Mixed Fruit, 100% Fruit Juice <hr/> 1. Mini Pancakes w/ Sausage 2. Veggie Burger 3. Popcorn Chicken Salad w/ Roll 4. Sun Butter & Jelly Bagel Kit Tater Tots	Muffin w/ Hard Boiled Egg 21 Craisins, 100% Fruit Juice <hr/> 1. Soft Shell Beef Tacos 2. Chicken Tenders w/ Roll 3. Popcorn Chicken Salad w/ Roll 4. Sun Butter & Jelly Bagel Kit Grape Tomatoes	Benefit Bar 22 Diced Peaches, 100% Fruit Juice <hr/> 1. Cheese Pizza 2. Buffalo Chicken Pizza 3. Popcorn Chicken Salad w/ Roll 4. Sun Butter & Jelly Bagel Kit Green Pepper Strips
Cheese Bosco Sticks 25 Apple, 100% Fruit Juice <hr/> 1. Pizza Crunchers 2. Chicken Patty Sandwich 3. Ham & Cheese Sub 4. Pretzel & Yogurt Lunch Kit	Sausage & Cheese Muffin Melt 26 Diced Pears, 100% Fruit Juice <hr/> 1. Pasta w/ Meatballs 2. Hamburger or Cheeseburger 3. Ham & Cheese Sub 4. Pretzel & Yogurt Lunch Kit	Banana Bread 27 Orange, 100% Fruit Juice <hr/> 1. French Toast Sticks w/ Omelet 2. Veggie Chicken Nuggets w/ Roll 3. Ham & Cheese Sub 4. Pretzel & Yogurt Lunch Kit	Cinni Mini 28 Raisins, 100% Fruit Juice <hr/> 1. Chicken & Cheese Nachos 2. Chicken Nuggets w/ Roll 3. Ham & Cheese Sub 4. Pretzel & Yogurt Lunch Kit	NO SCHOOL FRIDAY 29

ROOTING FOR YOUR HEALTH

Carrots are an excellent source of fiber, vitamin C, potassium, and beta-carotene, which are all important for your vision, skin, and growth. Carrots are root vegetables and the portion we munch on is called the taproot. The carrots we know and love are actually a subspecies of the wild carrot, *daucus carota*. Today, most carrots are orange, but there are also purple, red, white, and yellow varieties. Rabbits do not actually eat carrots in the wild, but the average person will consume 10,866 carrots in a lifetime.

DID YOU KNOW?

ORANGE IS THE HAPPIEST COLOR...

If you were to eat large amounts of carrots, far beyond the usual daily portions, it can cause a condition called "carotenemia." This causes the skin to turn yellowish orange, especially on the palms or soles of the feet, but it is completely harmless. Don't worry, this condition is not caused by average portions and is easily reversed by reducing your carrot intake.

ACE'S JOKE OF THE MONTH

Q. HOW DO YOU MAKE GOLD SOUP?

SEE ANSWER BELOW



ACTIVITY: ROOT TO BRANCH, STEM TO VINE

Draw a line from the fruit or vegetable to where it grows.



PUMPKIN



ORANGE



STRAWBERRY



POMMEGRANATE



RADISH



SWEET POTATO

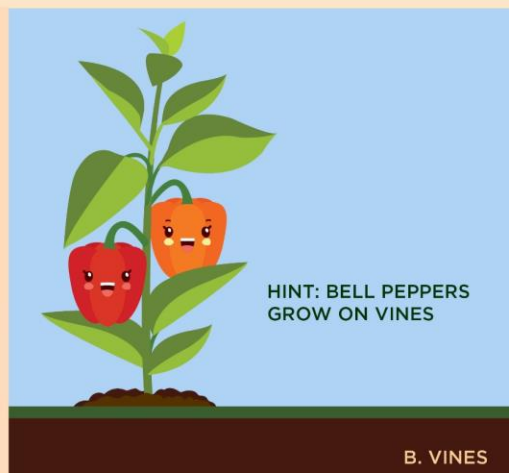


TOMATOE



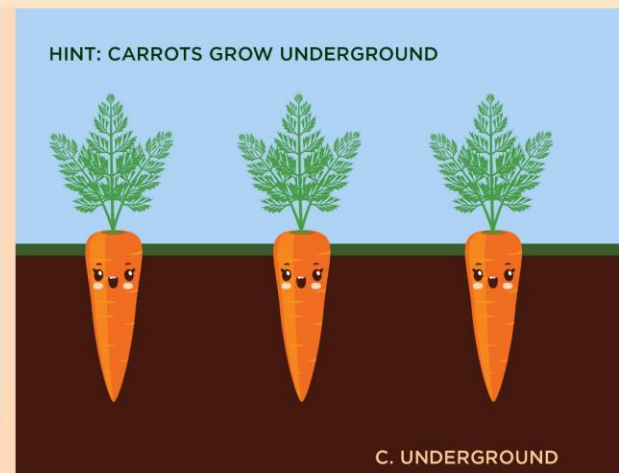
HINT: APPLES GROW ON TREES

A. TREES



HINT: BELL PEPPERS GROW ON VINES

B. VINES



HINT: CARROTS GROW UNDERGROUND

C. UNDERGROUND