

Sdudgln#Kqllng#Wkrnd#Elwict#

# menus for MARCH 2021

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



MOST PEOPLE WHO TRAVEL TO **IRELAND** EXPECT TO SEE CASTLE RUINS AND QUAIN T VILLAGES . . . BUT **PALM TREES?!** EVEN THOUGH IRELAND IS FARTHER NORTH THAN INTERNATIONAL FALLS, MINNESOTA OR CARIBOU, MAINE, IT SITS IN THE WARM WATERS OF THE GULF STREAM, WHICH KEEP THE ISLAND FROM GETTING **TOO COLD** AND ALLOW PALM TREES TO GROW. **HAPPY ST. PATRICK'S DAY!**

## STRANGE BUT TRUE!



Monday, March 1

### BREAKFAST

BeneFit Bar  
100% Fruit Juice &  
Dried Fruit  
1% White Milk or NF  
Chocolate Milk

### LUNCH

Beef Burger Sliders  
(PB&J Uncrustable)  
Fresh Fruit &  
Veggies  
1% White Milk or NF  
Chocolate Milk

Tuesday, March 2

### BREAKFAST

Cinnamon Roll  
100% Fruit Juice &  
Dried Fruit  
1% White Milk or NF  
Chocolate Milk

### LUNCH

Chicken Nuggets &  
Tots  
(Yogurt, Cheese Stick  
& Cracker)  
Fresh Fruit & Veggies  
1% White Milk or NF  
Chocolate Milk

Wednesday, March 3

### BREAKFAST

Pancake & Sausage  
on a Stick  
(Mini Pancakes)  
100% Fruit Juice &  
Dried Fruit  
1% White Milk or NF  
Chocolate Milk

### LUNCH

Turkey Corn Dog  
(PB&J Uncrustable)  
Fresh Fruit & Veggies  
1% White Milk or NF  
Chocolate Milk

Thursday, March 4

### BREAKFAST

Bagel & Cream  
Cheese  
100% Fruit Juice &  
Dried Fruit  
1% White Milk or NF  
Chocolate Milk

### LUNCH

PB&J Uncrustable  
(Yogurt, Cheese Stick  
& Cracker)  
Fresh Fruit & Veggies  
1% White Milk or NF  
Chocolate Milk

Friday, March 5

### BREAKFAST

Mini Pancakes  
(Whole Grain Donuts)  
100% Fruit Juice &  
Dried Fruit  
1% White Milk or NF  
Chocolate Milk

### LUNCH

Big Daddy Pizza Slice  
(PB&J Uncrustable)  
Fresh Fruit & Veggies  
1% White Milk or NF  
Chocolate Milk

## Going green.

We're going green this month! Green for St. Patrick's Day. Green for healthy veggies. Green for the \$\$\$ you save with free school meals for all students through June 2021. And when you take advantage of our fantastic free food, you also help our meals program and our schools avoid the red!

## School Meals

We serve education every day™

Monday, March 8

### BREAKFAST

BeneFit Bar  
100% Fruit Juice &  
Dried Fruit  
1% White Milk or NF  
Chocolate Milk

### LUNCH

Burger Buddie/Slider  
(PB&J Uncrustable)  
Fresh Fruit &  
Veggies  
1% White Milk or NF  
Chocolate Milk

Tuesday, March 9

### BREAKFAST

Muffin  
100% Fruit Juice &  
Dried Fruit  
1% White Milk or NF  
Chocolate Milk

### LUNCH

Bean & Cheese  
Burrito  
(Yogurt, Cheese Stick  
& Cracker)  
Fresh Fruit & Veggies  
1% White Milk or NF  
Chocolate Milk

Wednesday, March 10

### BREAKFAST

Yogurt & Cracker  
100% Fruit Juice &  
Dried Fruit  
1% White Milk or NF  
Chocolate Milk

### LUNCH

Bosco Cheese Sticks  
(PB&J Uncrustable)  
Fresh Fruit &  
Veggies  
1% White Milk or NF  
Chocolate Milk

Thursday, March 11

### BREAKFAST

Bagel & Cream Cheese  
100% Fruit Juice &  
Dried Fruit  
1% White Milk or NF  
Chocolate Milk

### LUNCH

PB&J Uncrustable  
(Yogurt, Cheese Stick  
& Cracker)  
Fresh Fruit & Veggies  
1% White Milk or NF  
Chocolate Milk

Friday, March 12

### BREAKFAST

Mini Pancakes  
100% Fruit Juice &  
Dried Fruit  
1% White Milk or NF  
Chocolate Milk

### LUNCH

Grilled Cheese  
Sandwich  
(PB&J Uncrustable)  
Fresh Fruit & Veggies  
1% White Milk or NF  
Chocolate Milk

## CURBSIDE CHOW

Always delicious. Always FREE for all students.  
Always prepared for your family with love.

WHAT

A nutritious variety of ready-to-eat  
and heat-at-home meals, plus fresh  
fruits, vegetables, and bread.

WHEN

Monday - Friday 8:30 AM - 6:30 PM

WHERE

Paradise Ridge, Paradise Jr./Sr. High  
School, 4801 N. 1st St., Fargo, ND 58103

?????

Got questions? Call 872-6472, email  
tharter@pusdk12.org, or visit  
www.pusdk12.org



**Monday, March 15**  
**BREAKFAST**  
 BeneFit Bar  
 100% Fruit Juice &  
 Dried Fruit  
 1% White Milk or NF  
 Chocolate Milk

**LUNCH**  
 Burger Buddie/Slider  
 (PB&J Uncrustable)  
 Fresh Fruit &  
 Veggies  
 1% White Milk or NF  
 Chocolate Milk

**Tuesday, March 16**  
**BREAKFAST**  
 Cinnamon Roll  
 100% Fruit Juice &  
 Dried Fruit  
 1% White Milk or NF  
 Chocolate Milk

**LUNCH**  
 Chicken Nuggets &  
 Tots  
 (Yogurt, Cheese Stick  
 & Cracker)  
 Fresh Fruit & Veggies  
 1% White Milk or NF  
 Chocolate Milk

**Wednesday, March 17**  
**BREAKFAST**  
 Donuts  
 100% Fruit Juice &  
 Dried Fruit  
 1% White Milk or NF  
 Chocolate Milk

**LUNCH**  
 Turkey Corn Dog  
 (PB&J Uncrustable)  
 Fresh Fruit & Veggies  
 1% White Milk or NF  
 Chocolate Milk

**Thursday, March 18**  
**BREAKFAST**  
 Bagel & Cream  
 Cheese  
 100% Fruit Juice &  
 Dried Fruit  
 1% White Milk or NF  
 Chocolate Milk

**LUNCH**  
 PB&J Uncrustable  
 (Yogurt, Cheese Stick  
 & Cracker)  
 Fresh Fruit & Veggies  
 1% White Milk or NF  
 Chocolate Milk

**Friday, March 19**  
**BREAKFAST**  
 Mini Pancakes  
 (Whole Grain  
 Donuts)  
 100% Fruit Juice &  
 Dried Fruit  
 1% White Milk or NF  
 Chocolate Milk

**LUNCH**  
 Chicken Taquitos  
 (PB&J Uncrustable)  
 Fresh Fruit & Veggies  
 1% White Milk or NF  
 Chocolate Milk

**Monday, March 22**  
**BREAKFAST**  
 BeneFit Bar  
 100% Fruit Juice &  
 Dried Fruit  
 1% White Milk or NF  
 Chocolate Milk

**LUNCH**  
 Burger Buddie/Slider  
 (PB&J Uncrustable)  
 Fresh Fruit &  
 Veggies  
 1% White Milk or NF  
 Chocolate Milk

**Tuesday, March 23**  
**BREAKFAST**  
 Cinnamon Roll  
 100% Fruit Juice &  
 Dried Fruit  
 1% White Milk or NF  
 Chocolate Milk

**LUNCH**  
 Bean & Cheese  
 Burrito  
 (Yogurt, Cheese Stick  
 & Cracker)  
 Fresh Fruit & Veggies  
 1% White Milk or NF  
 Chocolate Milk

**Wednesday, March 24**  
**BREAKFAST**  
 Pancake & Sausage  
 on a Stick  
 100% Fruit Juice &  
 Dried Fruit  
 1% White Milk or NF  
 Chocolate Milk

**LUNCH**  
 Bosco Cheese Sticks  
 (PB&J Uncrustable)  
 Fresh Fruit &  
 Veggies  
 1% White Milk or NF

**Thursday, March 25**  
**BREAKFAST**  
 Breakfast Pizza  
 100% Fruit Juice &  
 Dried Fruit  
 1% White Milk or NF  
 Chocolate Milk

**LUNCH**  
 PB&J Uncrustable  
 (Yogurt, Cheese Stick  
 & Cracker)  
 Fresh Fruit & Veggies  
 1% White Milk or NF  
 Chocolate Milk

**Friday, March 26**  
**BREAKFAST**  
 Mini Pancakes  
 100% Fruit Juice &  
 Dried Fruit  
 1% White Milk or NF  
 Chocolate Milk

**LUNCH**  
 PB&J Uncrustable-  
 Large  
 (Yogurt, Cheese Stick  
 & Cracker)  
 Fresh Fruit & Veggies  
 1% White Milk or NF  
 Chocolate Milk



What's on  
**YOUR**  
 plate?



# Superfood?!

Did you know that Parsley is a vegetable? We mainly use it as a cooking herb or as garnish to make a plate look nice, but you'd do well to munch it rather than toss it out when you scrape your plate.



Parsley contains three times as much vitamin C as oranges, twice as much iron as spinach, and lots of vitamin A and minerals, too. Plus, chewing parsley helps prevent bad breath!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)



## Watch the winter melt away!

## Spring Break!

Break begins at the end of classes:

**Friday, March 26**

Classes resume:

**Monday, April 5**

## OUR NATION'S HISTORY

*Storm Run*  
 The Story of the First Woman  
 to Win the Iditarod Sled Dog Race

WITH LIBERTY & JUSTICE FOR ALL

As a teenager, Libby Riddles moved to Alaska and soon fell in love with sled dogs and the sport of "mushing," or racing sled dogs. She soon developed a dream to win the famous IDITAROD, a grueling 1,157 mile race across the frigid interior of Alaska, where wind chills can reach -100° F! On March 20, 1985, Riddles realized her dream and became the first woman to win the Iditarod, finishing the race in just over 18 days. She wrote a book about her experience called "Storm Run."