### Menus for March 2020

**Oregon Trail School District Elementary School**

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

### All Meals Include

“All You Can Eat” variety of fresh and canned fruits and vegetables.

### Sign up for access to your student’s meal account with “MySchoolbucks” available on the district website.

### Did you know that if your family’s situation changes you may apply for free and reduced meal assistance at anytime of the school year?

To learn more contact Nutrition Services @ 503-668-3377

### Breakfast Round
- Assorted Cereals
- Oatmeal
- P.B and J Gramwich
- Yogurt Parfait
- Toast

**Lunch**
- “Go Dog Go” Hot Dog & Chips
- “Whoville” Chicken Nuggets & Roll
- “Horton’s” P, B & J Sandwich
- “McElligots” Fruit & Yogurt Parfait
- Dr Suess Goldfish Treat

### Breakfast Bar
- Assorted Cereals
- Oatmeal
- Yogurt Parfait
- Toast

**Lunch**
- Chicken Tenders and Goldfish
- Cheese or Pepperoni Pizza
- Turkey and Cheese Sub
- Classic Chef Salad
- Fruit and Yogurt Parfait

### Breakfast
- Mini Strawberry Pancakes
- Assorted Cereals
- Oatmeal
- Yogurt Parfait
- Toast

**Lunch**
- Lasagna Roll
- Cheeseburger
- Turkey Munchable
- Chicken Caesar Salad
- Fruit and Yogurt Parfait

### Breakfast
- Hot Ham and Cheese
- Assorted Cereals
- Oatmeal
- Yogurt Parfait
- Toast

**Lunch**
- Chicken Quesadilla
- Cheese or Pepperoni Pizza
- Ham and Cheese Sub
- Chicken Caesar Salad
- Fruit and Yogurt Parfait

### Breakfast
- Breakfast on a Stick
- Assorted Cereals
- Oatmeal
- Yogurt Parfait
- Toast

**Lunch**
- Dip and Dunkers
- Chicken Sandwich
- P, B and J Sandwich
- Fruit and Yogurt Parfait
- “Cookie Friday”

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**Like to Read?**

Don’t keep it under your hat!

March 2nd “Read Across America” Day in honor of Dr. Seuss’s Birthday (March 2)

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**March is National Nutrition Month**

### 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 kids learn and feel better when they eat TWO smaller healthy breakfasts.**

**WELLNESS IS A WAY OF LIFE!**

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**
<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast</th>
<th>Lunch</th>
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<tbody>
<tr>
<td>Monday, March 9</td>
<td>Breakfast: Blueberry Loaf, Assorted Cereals, Oatmeal, P,B and J Gramwich, Yogurt Parfait</td>
<td>Lunch: Meatball Sub with Chips, Chicken Nuggets with Roll, P,B and J Sandwich, Fruit and Yogurt Parfait</td>
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<td>Tuesday, March 10</td>
<td>Breakfast: Whole Grain Cinnamon Roll, Assorted Cereals, Oatmeal, Yogurt Parfait, Toast</td>
<td>Lunch: BBQ Chicken Sand &amp; Tots, Cheese or Pepperoni Pizza, Combo Sub, Classic Chef Salad, Fruit and Yogurt Parfait</td>
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<td>Wednesday, March 11</td>
<td>Breakfast: Mini Maple Waffles, Assorted Cereals, Oatmeal, Yogurt Parfait, Toast</td>
<td>Lunch: Macaroni and Cheese, Cheeseburger, Munchable, Ham and Cheese, Classic Chef Salad, Fruit and Yogurt Parfait</td>
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<td>Thursday, March 12</td>
<td>Breakfast: Sausage and Cheese Sandwich, Assorted Cereals, Oatmeal, Yogurt Parfait, Toast</td>
<td>Lunch: Taco Salad, Cheese or Pepperoni Pizza, Tuna Sub, Chicken Caesar Salad, Fruit and Yogurt Parfait</td>
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<tr>
<td>Friday, March 13</td>
<td>Breakfast: Breakfast Pizza, Assorted Cereals, Oatmeal, Yogurt Parfait, Toast</td>
<td>Lunch: WG Cheese Sticks &amp; Soup, Chicken Sandwich, P,B and J Sandwich, Fruit and Yogurt Parfait</td>
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What’s on Your Plate?

**Q:** What can you do with a LEEK?!

A: Stick your finger in it until help comes!
B: Call a plumber to fix it!
C: ABANDON SHIP!
D: None of the above

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 sautéed.

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay_healthy/foodpyramid.html](http://kidshealth.org/kid/stay_healthy/foodpyramid.html)

Spring Break

Break begins at the end of classes: **Friday, March 20**

Classes resume: **Monday, March 30**