

Menus for MARCH

FOXBOROUGH HIGH SCHOOL

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

Happy St. Patrick's Day!

Spring Forward



Sunday, March 8

Menu Subject To Change
 Questions, comments or concerns,
 Call Food Service Director
 Janice Watt
 wattj@foxborough.k12.ma.us
 508-543-1656

PRICES:

All students are eligible for
 (1) free breakfast & (1)
 lunch per day.
 Milk is included with lunch &
 breakfast
 If you child wants milk only, the
 cost is .50 per carton.

AVAILABLE DAILY

A la carte items available for purchase:

- Second Entrees 2.50
- Bottled Water 1.00
- Switch 100% Fizzy Juice 1.00
- Assorted Chips & Snacks 1.00-1.25
- Orange Leaf Yogurt on Fridays 2.50
- Pay with cash or on meal account.
- Online payments: myschoolbucks.com



BREAKFAST

Breakfast is available before school

No charge for all students!

Breakfast choices are:
 Breakfast Sandwiches,
 Assorted Cereals, Whole
 Grain Pastries & Bars, Juice,
 Fruit & Milk

Monday, March 2

Entrée Choices
 Pizza Sticks & Sauce
 Steak & Cheese Sub
 Chicken Caesar Salad
 Chicken Caesar Salad
 Smoothie & Pretzel
 Hot & Cold Sandwiches
 Taco Salad Bar

Served with
 Crunchy Carrot Sticks
 Fresh Fruit & Veggie Bar
 Ice Cold Milk
 Potato Chips
 Frozen Juice Cup

Tuesday, March 3

Entrée Choices
 Eggo Waffles & Sausage
 Chicken Parm Sand
 Chicken Caesar Salad
 Chicken Caesar Salad
 Smoothie & Pretzel
 Hot & Cold Sandwiches
 Mac & Cheese Bar
 Pizza of the Day

Served with
 Fresh Fruit & Veggie Bar
 Potato Wedges
 Ice Cold Milk
 Fresh Baked Cookie

Wednesday, March 4

Entrée Choices
 Pasta & Meatballs
 Grilled Cheese
 Chicken Caesar Salad
 Chicken Caesar Salad
 Smoothie & Pretzel
 Hot & Cold Sandwiches
 Taco Salad Bar
 Pizza of the Day

Served with
 Fresh Fruit & Veggie Bar
 Soft Breadstick
 Garlic Spinach
 Ice Cold Milk

Thursday, March 5

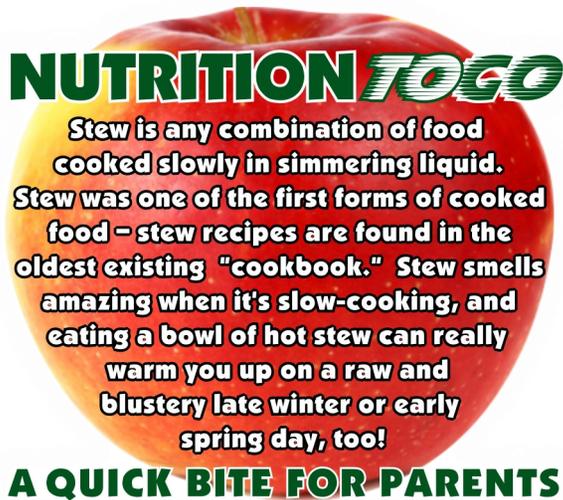
Entrée Choices
 Chicken & Waffles
 Meatball Sub
 Chicken Caesar Salad
 Chicken Caesar Salad
 Smoothie & Pretzel
 Hot & Cold Sandwiches
 Mashed Potato Bar
 Pizza of the Day

Served with
 Fresh Fruit & Veggie Bar
 Sweet Potato Fries
 Ice Cold Milk

Friday, March 6

Entrée Choices
 Brick Oven Pizza
 Chef's Choice Hot
 Sandwich
 Chicken Caesar Salad
 Chicken Caesar Salad
 Smoothie & Pretzel
 Hot & Cold Sandwiches
 Taco Salad Bar

Served with
 Fresh Fruit & Veggie Bar
 Sliced Cucumbers
 Hummus
 Ice Cold Milk
 Scooby Snacks



NUTRITION TO GO

Stew is any combination of food cooked slowly in simmering liquid.
Stew was one of the first forms of cooked food – stew recipes are found in the oldest existing "cookbook." Stew smells amazing when it's slow-cooking, and eating a bowl of hot stew can really warm you up on a raw and blustery late winter or early spring day, too!

A QUICK BITE FOR PARENTS

Monday, March 9

Entrée Choices
 Chicken Tenders & Roll
 Steak & Cheese Sub
 Chicken Caesar Salad
 Chicken Caesar Salad
 Smoothie & Pretzel
 Hot & Cold Sandwiches
 Taco Salad Bar
 Pizza of the Day

Served with
 Tater Tots
 Fresh Fruit & Veggie Bar
 Ice Cold Milk
 Cheez-Its

Tuesday, March 10

Entrée Choices
 General's Chicken
 Pizza of the Day
 Chicken Caesar Salad
 Chicken Caesar Salad
 Smoothie & Pretzel
 Hot & Cold Sandwiches
 Mac & Cheese Bar

Served with
 Teriyaki Noodles
 Glazed Carrots
 Fresh Fruit & Veggie Bar
 Ice Cold Milk

Wednesday, March 11

Entrée Choices
 Chicken Parm & Pasta
 BBQ Pulled Pork Sandwich
 Chicken Caesar Salad
 Chicken Caesar Salad
 Smoothie & Pretzel
 Hot & Cold Sandwiches
 Taco Salad Bar
 Pizza of the Day

Served with
 Fresh Fruit & Veggie Bar
 Steamed Broccoli
 Texas Toast
 Ice Cold Milk

Thursday, March 12

Entrée Choices
 Brick Oven Pizza
 Buffalo Chicken Flatbread
 Chicken Caesar Salad
 Chicken Caesar Salad
 Smoothie & Pretzel
 Hot & Cold Sandwiches
 Taco Salad Bar

Served with
 Fresh Fruit & Veggie Bar
 Sliced Cucumbers
 Hummus
 Ice Cold Milk

Friday, March 13

PROFESSIONAL DAY



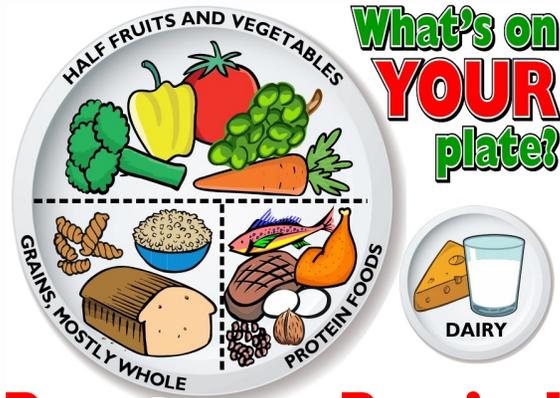
No School Today

SQUEEZED FOR TIME?

Up to 30% of kids skip breakfast every school day. Even if your mornings are frantic, you'll feel better all day and do better in school, too, if you've had a balanced, nutritious breakfast!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



Boost your Burrito!

Burritos made at home or at a Mexican restaurant, should **ALWAYS INCLUDE BEANS!** These tasty little wonders are a nutritional powerhouse, brimming with fiber, protein, and nutrients. For good nutrition, skip on the cheese and load up on the beans!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, March 16	Monday, March 17	Wednesday, March 18	Thursday, March 19	Friday, March 20
<p>Entrée Choices Foxboro Sampler (Tenders, nachos & onion rings) Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches Taco Salad Bar Pizza of the Day</p> <p>Served with Fresh Fruit & Veggie Bar Carrot & Celery Sticks Seasoned Black Beans Ice Cold Milk Frozen Cherry Juice Cup</p>	<p>Entrée Choices French Toast & Sausage Pizza for One Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches Mac & Cheese Bar</p> <p>Served with Tater Tots Fresh Fruit & Veggie Bar Ice Cold Milk Cookie of the Day</p>	<p>Entrée Choices Pasta Bar Choice of Marinara, Meat sauce or Alfredo Sauce Ham & Cheese Croissant Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches Taco Salad Bar Pizza of the Day</p> <p>Served with Roasted Broccoli Texas Toast Fresh Fruit & Veggie Bar Ice Cold Milk</p>	<p>Entrée Choices Chicken Wings Buffalo or Plain Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches Mashed Potato Bar Pizza of the Day</p> <p>Served with Mashed Potatoes Cole Slaw Mini Cornbread Loaf Fresh Fruit & Veggie Bar Ice Cold Milk</p>	<p>Entrée Choices Brick Oven Pizza Chicken Tender Wrap Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches Taco Salad Bar</p> <p>Served with Red Pepper Strips Fresh Fruit & Veggie Bar Ice Cold Milk Pretzels</p>

Monday, March 23	Tuesday, March 24	Wednesday, March 25	Thursday, March 26	Friday, March 27
<p>Entrée Choices Chicken Tenders & Roll 2-4-1 Hot Dogs Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches Taco Salad Bar Pizza of the Day</p> <p>Served with Fresh Fruit & Veggie Bar Potato Smiles Baked Beans Ice Cold Milk Animal Crackers</p>	<p>Entrée Choices Fox Filet Sandwich Chicken breast filet with pickles & special sauce French Bread Pizza Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches Mac & Cheese Bar</p> <p>Served with Fresh Fruit & Veggie Bar Waffle Fries Ice Cold Milk</p>	<p>Entrée Choices Pasta & Meatballs White Garlic Flatbread Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches Taco Salad Bar</p> <p>Served with Fresh Fruit & Veggie Bar Breadstick Garlic Green Beans Ice Cold Milk</p>	<p>Entrée Choices Mandarin Orange Chicken Chicken & Cheese Quesadilla Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches Mashed Potato Bar Pizza of the Day</p> <p>Served with Steamed Brown Rice Glazed Carrots Fresh Fruit & Veggie Bar Ice Cold Milk</p>	<p>Entrée Choices Brick Oven Pizza Chef's Choice Hot Sandwich Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches Taco Salad Bar</p> <p>Served with Fresh Fruit & Veggie Bar Sweet & Tangy Broccoli Salad Ice Cold Milk Chocolate Bear Grahams</p>

Monday, March 30	Tuesday, March 31
<p>Entrée Choices Pizza Sticks & Sauce Steak & Cheese Sub Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches Taco Salad Bar</p> <p>Served with Crunchy Carrot Sticks Fresh Fruit & Veggie Bar Ice Cold Milk Potato Chips Frozen Juice Cup</p>	<p>Entrée Choices Eggo Waffles & Sausage Chicken Parm Sand Chicken Caesar Salad Smoothie & Pretzel Hot & Cold Sandwiches Mac & Cheese Bar Pizza of the Day</p> <p>Served with Fresh Fruit & Veggie Bar Potato Wedges Ice Cold Milk Fresh Baked Cookie</p>

Weird SCIENCE

Make a RUBBER EGG!

You'll Need:

- ✓ a raw egg
- ✓ white vinegar
- ✓ a plastic container

- 1 Place the raw egg in the container and cover it with vinegar.
- 2 After 24 hours, gently prod the egg with your finger. Does it feel soft and elastic like rubber? (If not, replace the vinegar with fresh vinegar and wait another 24 hours.)
- 3 Congratulations! You have used the vinegar to "decalcify" the egg. The egg shell contains a substance called "calcium carbonate." The acid in the vinegar dissolves the calcium carbonate in the egg shell, and what's left is soft and flexible rather than hard and rigid. You've created a rubber egg!
- 4 Poke the egg (gently) with a fork until you pierce the shell and the yolk and white come out. The shell should look like a popped balloon!