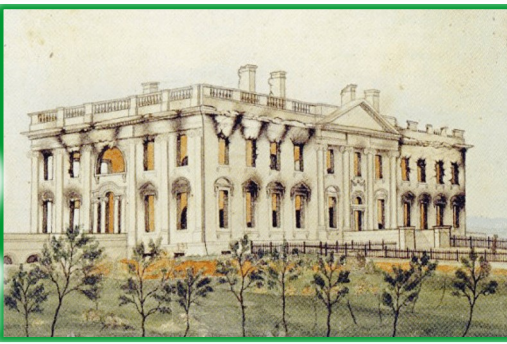


**Torrington and Vogel
Wetmore Elementary**

MENUS FOR MARCH 2024

*This institution is an equal
opportunity provider
and employer.*

OUR NATION'S HISTORY



During the month that we celebrate St. Patrick's Day, it's interesting to note that an Irish-born architect (James Hoban) designed and oversaw the building of the White House in Washington, D.C. -- not just once, but twice! Hoban first built the original White House in the 1790's, and he then rebuilt it after the British burned out the building during the War of 1812, as pictured here.

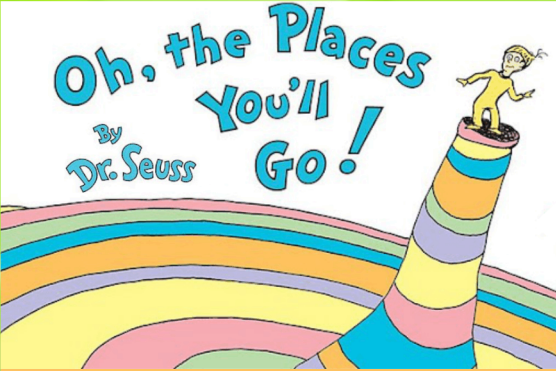
WITH LIBERTY & JUSTICE FOR ALL



YOU'RE GOOD

ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

TORRINGTON SCHOOL DISTRICT NUTRITION SERVICES



March 3 is
"Read Across America" Day

Friday, March 1

Breakfast
Pancakes
Fruit/Juice
Milk

Lunch
Cheese Pizza
or
Boars Head Ham & Cheese
Mixed Greens Salad with
Tomatoes

Monday, March 4

Breakfast
Mini Cornbread Loaf
Fruit/Juice
Milk

Lunch
Chicken Nuggets
Or
Boars Head Turkey & Cheese
Baked Sweet Potato Fries

Tuesday, March 5

Breakfast
Assorted Bread
Fruit/Juice
Milk

Lunch
Tacos w/ Lettuce and
Tomato, Cheese and Salsa
Or
Boars Head Ham & Cheese
Steamed Brown Rice
Sweet Corn

Wednesday, March 6

Breakfast
Maple Waffles
Fruit/Juice
Milk

Lunch
Pizza Max Sticks with
Marinara Sauce
or
Boars Head Turkey & Cheese
Fresh Steamed Broccoli

Thursday, March 7

Breakfast
Cinnamon Roll
Fruit/Juice
Milk

Lunch
Hamburger or Cheeseburger
Or
Boars Head Ham & Cheese
Oven Fries
Steamed Veggies

Friday, March 8

Breakfast
Assorted Muffins
Fruit/Juice
Milk

Lunch
Stuffed Crust Cheese Pizza
or
Boars Head Turkey & Cheese
Garden Salad



AVAILABLE DAILY

Alternate Meals:

- ◆ Chef Salad
- ◆ SBJ/PBJ
- ◆ Bagel Box

Your complete lunch will also include:

Rainbow Tray including:
Locally Grown Fruits and Veggies (when Available) as well as Canned

8 oz Milk (Lowfat White or Flavored)



Monday, March 11

Breakfast

Assorted Donuts
Fruit/Juice
Milk

Lunch

French Toast Sticks
Or
Boars Head Ham & Cheese
Turkey Sausage Patty
Hash Brown Potato

Tuesday, March 12

Breakfast

Assorted Muffins
Fruit/Juice
Milk

Lunch

Bosco Sticks with Marinara
Or
Boars Head Turkey & Cheese
Garden Salad

Wednesday, March 13

Breakfast

Breakfast Bar
Fruit/Juice
Milk

Lunch

Hot Dog on a Roll
Or
Boars Head Ham & Cheese
Baked Beans
Steamed Carrots

Thursday, March 14

Breakfast

Cinnamon Crumb Cake
Fruit/Juice
Milk

Lunch

Dutch Waffles
Or
Boars Head Turkey & Cheese
Hash Brown Patty
Turkey Sausage Patty

Friday, March 15

Breakfast

Snackin Waffles
Fruit/Juice
Milk

Lunch

Cheese Pizza
or
Boars Head Ham & Cheese
Mixed Greens Salad with
Tomatoes

Daylight Saving Time was first proposed by Benjamin Franklin in 1784, as a way to save money on candles!

**Spring forward
on
March 10**



Monday, March 18

Breakfast

Cinnamon French Toast
Fruit/Juice
Milk

Lunch

Pizza Bites
Or
Boars Head Turkey & Cheese
Steamed Green Beans

Tuesday, March 19

Breakfast

Apple Roll
Fruit/Juice
Milk

Lunch

Chicken Nuggets with a Soft
Pretzel
or
Boars Head Ham & Cheese
Smiley Fries

Wednesday, March 20

Breakfast

Bagel with Cream Cheese
Fruit/Juice
Milk

Lunch

Mac & Cheese
Or
Boars Head Turkey & Cheese
Garlic Breadstick
Steamed Broccoli

Thursday, March 21

Breakfast

Maple Pancakes
Fruit/Juice
Milk

Lunch

Chicken Patty on a Roll
Or
Boars Head Ham & Cheese
Sweet Potato Fries

Friday, March 22

Breakfast

Cereal
Fruit/Juice
Milk

Lunch

Stuffed Crust Cheese Pizza
or
Boars Head Turkey & Cheese
Romaine Lettuce Salad

FIRST THINGS FIRST!

This year, we've been telling you a lot about the educational and health benefits of eating a nutritious breakfast. Remember: kids can't do their best unless they're well fed in the morning!



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

Monday, March 25

Breakfast

Assorted Muffin
Fruit/Juice
Milk

Lunch

French Toast Sticks
Or
Boars Head Ham & Cheese
Turkey Sausage Patty
Hash Brown Potato

Tuesday, March 26

Breakfast

Apple Churro
Fruit/Juice
Milk

Lunch

Mozzarella Sticks with
Marinara Sauce
or
Boars Head Turkey & Cheese
Garden Salad

Wednesday, March 27

Breakfast

Mini Cornbread Loaf
Fruit/Juice
Milk

Lunch

Egg & Turkey Sausage Patty
on an English Muffin
Or
Boars Head Ham & Cheese
Hash Brown Potatoes

Thursday, March 28

Breakfast

Assorted Bread
Fruit/Juice
Milk

Lunch

Chicken Tenders with a Soft
Dinner Roll
or
Boars Head Turkey & Cheese
Mashed Potatoes
Steamed Corn



**No
School
Today**

NUTRITION TO GO

**Turns out Grandma was right:
chicken soup IS good for a cold!
Chicken soup helps to ease cold
symptoms by breaking up congestion,
keeping you hydrated, and even acting
as an anti-inflammatory. The taste
and aroma can be therapeutic, too!
There's no cure for a cold, but a
 piping hot bowl of soup can
at least offer some relief.**

A QUICK BITE FOR PARENTS