






# March 2020

## Dos Rios School

Mr. Jonathon Stewart, Principal  
 School Office (623) 474-7000  
 Attendance (623) 474-7005  
 Cafeteria (623) 477-7033



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2.</b> Fruit Brkfst Bar Apple Juice Chewy Craisins BBQ Rib Sandwich French Fry Fruit & Vegetable Bar	<b>3.</b> Pumpkin Bread Fruit Juice Mandarin Oranges Beef Soft Taco Spicy Pinto Beans Fruit & Vegetable Bar	<b>4. Early Release</b> Egg & Cheese Bun Grape Juice Sliced Apples Mac & Cheese Broccoli Florets Fruit & Vegetable Bar	<b>5.</b> Manager's Choice Beef & Bean Burrito Chuckwagon Corn Fruit & Vegetable Bar	<b>6. Early Release</b> Berry French Toast Orange Juice Cinn Applesauce ABC Nuggets Read to Me Fries Book Veggies Fresh Fruit
<b>9.</b> 	<b>10.</b> <b>SPRING</b>	<b>11.</b> 	<b>12.</b> <b>BREAK</b>	<b>13.</b> 
<b>16.</b> Maple Brkfst Bar Apple Juice Chewy Craisins Corn Dog Tater Tots Baked Beans Orange Wedges	<b>17.</b> Cinn Mini Bagel Grape Juice Sliced Apples Cheese Enchiladas Refried Beans Fruit & Vegetable Bar	<b>18. Early Release</b> Pancake Sandwich Fruit Juice Peach Bowl Hamburger French Fry Fruit & Vegetable Bar	<b>19.</b> Raspberry Yogurt Scooby Grahams Orange Juice Fresh Grapes Beef Meatloaf Mashed Potatoes Fruit & Vegetable Bar	<b>20.</b> BBerry Pancake CranRasp Juice Cinn Applesauce Deep Dish Pizza Green Salad Mix Fresh Veggies Pineapple Chunks
<b>23.</b> Cereal Bar Grape Juice Cherry Applesauce Chicken Sandwich Potato Wedges Fruit & Vegetable Bar	<b>24.</b> Blueberry Muffin Cheese Stick Fruit Juice Sliced Apples Crunchy Tacos Spicy Pinto Beans Fruit & Vegetable Bar	<b>25. Early Release</b> Oatmeal Bar CranRasp Juice Fresh Grapes Asian Chicken Stir Fry Veggies Fruit & Vegetable Bar	<b>26.</b> Coffee Cake Apple Juice Pear Fruit Bowl Cheeseburger Mac Green Beans Fruit & Vegetable Bar	<b>27.</b> Pancake Stick Orange Juice Chewy Craisins Chicken Burrito Chuckwagon Corn Mix Veg Cup Fresh Pear or Apple
<b>30.</b> Crunchmania Fruit Juice Pear Fruit Bowl Sloppy Jo on Bun French Fry Fruit & Vegetable Bar	<b>31.</b> Cinn Mini Apple Apple Juice Fresh Grapes Cheese Nachos Pinto Beans Fruit & Vegetable Bar	<b>April 1st</b> Egg Cheese Wrap Orange Juice Chewy Craisins Meatball Sub Pasta Salad Fruit & Vegetable Bar	<b>2.</b> Choc O Jack Cheese Stick CranRasp Juice Sliced Apples Grilled Cheese Smile Potatoes Fruit & Vegetable Bar	<b>3.</b> Strawberry Yogurt Graham Sticks Grape Juice Mandarin Oranges Pepperoni Pizza Green Salad Mix Fresh Veggies Pineapple Chunks

*Substitute menus are sometimes necessary; we offer 1% white and non-fat flavored milks at meal service.*



*"This institution is an equal opportunity provider."*



## Read Across American Day-Friday, March 6th

Read Across America Day is a nationwide reading celebration that takes place annually on Dr. Seuss's birthday. Across the country, thousands of schools, libraries, and community centers participate by bringing together kids, teens, and books. Union District will have volunteers reading to kids the week of March 2-6. I will be at Dos Rios and Hurley reading my favorite books to classrooms.

Food service has a book themed lunch for Friday, March 6th. It's also lucky tray day, we have some things to give away.



### Johnny Appleseed



You might have heard of the legend of Johnny Appleseed, the man who supposedly randomly planted apple trees all over the United States in the early 1800's. John Chapman was born in 1774, at age 18 he left the family to become an apprentice nurseryman. John learned the trade of growing trees and plants. He slowly moved from Massachusetts, down through Pennsylvania, Washington DC, Virginia, into Ohio and Indiana. John would plant apple seeds behind fenced areas (nurseries), returning about once a year to check on the plants. This is how he became known as Johnny Appleseed. John would have a nearby farmer, sell the young trees to farmers heading west. At the time heading west was into Michigan, Indiana, and Minnesota.

John Chapman was a very religious man, keeping his life very simple. He wore tattered clothes, usually went barefoot even into the winter months. Story tells that once he met a farmer who had an injured horse that could no longer work, the farmer was going to have to put the horse down. John bought the horse, then bought some land nearby, letting the horse loose to eat and recuperate from an injury. When he returned 6 months later the horse was alive, healed and walking normally again. John then gave the horse to a family in need.

I am so glad that John Chapman got interested in growing apples and started apple tree nurseries. One of my favorite fruits is apples, we have so many varieties to choose from. Older varieties that we eat often are Red and Golden Delicious, now I love HoneyCrisp, Tango, Opal, Envy and Pink Lady's. Worldwide over 7400 varieties of apples are grown, it would take you over 20 years to eat 1 apple of each kind.

## It is Spring Time in Phoenix

**Do you like baseball? My family are huge baseball fans, we love to go yell at High School games and cheer for Major League Games. My cousins get a copy of Spring Training schedule and plan when they are coming to visit. If they can arrange to come on days with night games, they can watch 4 games in a 2 day period. For 4 weeks each March, my house is popular with my cousins visiting and Baseball. I grew up as a Dodger fan, now we have switched allegiance to our Diamondbacks. I am counting the days until I can go to a few games.**

**We have a week off school for Spring Break this month. Yeah! I hope that you all have some exciting plans. Vacation to California? Attend Spring Training games, do something fun.**

**Stay safe, healthy, and read a book in your spare time.**

