



March 2020




Union Elementary School

Mr Michael Welsh, Principal

School Office (623) 478-5000

Cafeteria (623) 478-5042



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

