



March 2018

Dos Rios School

Mrs. Dowling-Garrott, Principal
 School Office (623) 474-7000
 Attendance (623) 474-7005
 Cafeteria (623) 477-7033



Monday	Tuesday	Wednesday	Thursday	Friday
You might think this is cheesy... 			1. Cereal Pouch Apple Juice Strwbrry Applesauce	2. Dr. Seuss Bday Maple Pancakes Orange Juice Mixed Fruit Bowl
<i>"This institution is an equal opportunity provider."</i>			Mac & Cheese Broccoli Florets Fruit & Veggie Bar	ABC Nuggets Read to Me Fries Book Veggies Fresh Fruit 
5.	6. Early Release	7. Early Release	8.	9.
Banana Bread Sliced Apples Fruit Juice Cream Cheese	Pancake Stick Grape Juice Cinn Applesauce	Strawberry Yogurt Scooby Grahams Fruit Juice Fresh Grapes	Apple Breakfast Bar Orange Juice Mixed Fruit	Egg Sandwich Apple Juice Mixed Fruit Cherry Craisins
Chicken Sandwich Tater Tots Fruit & Veggie Bar	Bean Burrito Sack Lunch	PBJ Sack Lunch	BBQ Rib Sandwich Corn on Cob Fruit & Veggie Bar	Pepperoni Pizza Green Salad Mix Fresh Veggies Mixed Fruit
13.	14.	15.	16.	17.
	SPRING		BREAK	
19.	20.	21. Early Release	22.	23.
Cereal Bar Grape Juice Peach Applesauce Chewy Craisins	Maple Pancake CranRasp Juice Sliced Apples	Cinn Mini Bagel Grapes Apple Juice	Banana Chunk Bar Raisins- chewy fun Orange Juice	Berry French Toast Fruit Juice Cinn Applesauce
Bean Burrito Chuckwagon Corn Fruit & Veggie Bar	Beefy Pasta Green Beans Fruit & Veggie Bar	PBJ Sack Lunch	Cheese Nacho Refried Beans Fruit & Veggie Bar	Pepperoni Pizza Green Salad Mix Mix Veg Cup Chilled Fruit
26.	27.	28.	29.	30.
Fruit Bar Grape Juice Peach Applesauce	Maple Waffles Apple Juice Grapes	Cherry Frudel CranRasp Juice Sliced Apples	Muffin with Cheese Strwbrry Applesauce Orange Juice	Egg Cheese Wrap Fruit Juice Chewy Craisins
Beefy Chili Cornbread Fruit & Veggie Bar	Mash Potato Bowl Fruit & Veggie Bar	Brunch for Lunch Fruit & Veggie Bar	California Burger Tater Tots Fruit & Veggie Bar	Hot Dog French Fry Fruit & Veggie Bar

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





Read Across American Day- Friday, March 2nd



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. It sounds like a party with books- now that is my kind of party.

Food service has a book themed lunch for Friday, March 2nd. It's also lucky tray day, we have t-shirts 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, and 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, Ambrosia 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 games with my family.

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.

