



March 2019

Dos Rios School

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Monday	Tuesday	Wednesday	Thursday	Friday
NATIONAL SCHOOL BREAKFAST WEEK March 4-8, 2019 			Read Across America Day- March 1st It's also lucky tray day, we have t-shirts for lucky students.	1. Dr. Seuss Bday French Toast Grape Juice Mandarin Oranges ABC Nuggets Read to Me Fries Book Veggies Fresh Fruit
4.	5. Early Release	6. Early Release	7.	8.
Cereal Cyclone Fruit Juice Sliced Apples	Boom-Boom Banana Bread Apple Juice Mandarin Oranges	Egg Scrambler Grape Juice ScreamingStrwbrry Craisins	Blueberry Bonanza Crumb Cake CranRasp Juice Fresh Grapes	Waffle Wheelz Orange Juice Cinn Applesauce
Chicken Sandwich French Fry Fruit & Veggie Bar	Mardi Gras Jambalaya Fruit & Veggie Bar	Bean Haystack Chuckwagon Corn Fruit & Veggie Bar	Beefy Pasta Green Beans Fruit & Veggie Bar	Hot Dog Baked Beans Fresh Veggies Mixed Fruit
11.	12.	13.	14.	15.
	SPRING		BREAK	
18.	19.	20. Early Release	21.	22.
Maple Brkfst Bar Apple Juice Melon Craisins	Cinn Mini Bagel Sliced Apples Grape Juice	Pancake Sandwich Fruit Juice Peach Bowl	Raspberry Yogurt Scooby Grahams Orange Juice Fresh Grapes	Blueberry Pancake CranRasp Juice Cinn Applesauce
Mini Corn Dogs Baby Carrots Tater Tots Fresh Fruit	Beefy Chili Cheesy Cornbread Fruit & Veggie Bar	Hamburger French Fry Fruit & Veggie Bar	Chicken Burrito Spicy Pinto Beans Fruit & Veggie Bar	Pepperoni Pizza Garden Salad Veggie Cup Chilled Fruit
25.	26.	27. Early Release	28.	29.
Cereal Bar Grape Juice Cherry Applesauce	Blueberry Muffin Cheese Stick Fruit Juice Sliced Apples	Oatmeal Choc Bar CranRasp Juice Fresh Grapes	PBJ Wafer Apple Juice Pear Fruit Bowl	Pancake Stick Orange Juice Chewy Craisins
Sloppy Joe French Fry Fruit & Veggie Bar	Taco Salad Refried Beans Fruit & Veggie Bar	Turkey Sub Tater Tots Fruit & Veggie Bar	Beef Meatloaf Mashed Potatoes Fruit & Veggie Bar	Pepperoni Pizza Garden Salad Veggie Cup Chilled Fruit

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

"This institution is an equal opportunity provider."



Join us every morning for breakfast the week of March 4-8, as we celebrate National School Breakfast Week. Start Your Engine each morning with a good breakfast that will get your motor racing for the day. Fuel your mind and body each morning with fruit, milk and whole grains.

We have race cars in the race this week- Who Will Win? Will it be the Egg Scrambler, Boom Boom Banana, Blueberry Bonaza, Waffle Wheelz, Milk Moover, Cereal Cyclone or Screaming Strawberry? We will have daily races, that will lead up to the Grand Champion on Friday. Eat breakfast each morning to cast your vote for your winning racer.



Johnny Applesseed



You might have heard of the legend of Johnny Applesseed, 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 Applesseed. 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 simply. 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, 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 February and 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 looking forward to going 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, visit the Phoenix Zoo- I want to see the giraffes. I know let's go to the Burton Barr Library and get lots of books to read.



Even find some friends and run around outside acting crazy sounds like fun. See how many times you can twirl around before getting dizzy and falling over. Just find something fun.

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