

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 JUICE CHOICE OF CEREAL OMELET RAISIN TOAST MARGARINE/JELLY MANDARIN ORANGES MILK	2 JUICE CHOICE OF CEREAL FRIED EGG WHEAT TOAST MARGARINE/JELLY CINNAMON APPLES MILK
3 JUICE CHOICE OF CEREAL FRIED EGG BACON DONUT PEARS MILK	4 JUICE CHOICE OF CEREAL TOAST SCRAMBLED EGG WHEAT TOAST MARGARINE/JELLY STRAWBERRIES MILK	5 JUICE CHOICE OF CEREAL SAUSAGE GRAVY BISCUIT APRICOTS MILK	6 JUICE CHOICE OF CEREAL SCRAMBLED EGG HOMEMADE WAFFLES / SYRUP FRUIT MILK	7 JUICE CHOICE OF CEREAL SCRAMBLED EGGS W/ PEPPER, ONION & CHS WHEAT TOAST MARGARINE/JELLY MANDARIN ORANGES MILK	8 JUICE CHOICE OF CEREAL BREAKFAST SANDWICH PINEAPPLE TIDBITS MILK	9 JUICE CHOICE OF CEREAL SAUSAGE FRENCH TOAST / SYRUP YOGURT PEACHES MILK
10 JUICE CHOICE OF CEREAL SCRAMBLED EGG CINNAMON ROLL MANDARIN ORANGES MILK	11 JUICE CHOICE OF CEREAL SAUSAGE PUMPKIN PANCAKES FRUIT CUP MILK	12 JUICE CHOICE OF CEREAL FRIED EGG WHEAT TOAST APRICOTS MARGARINE/JELLY MILK	13 JUICE CHOICE OF CEREAL SCRAMBLED EGG HOMEMADE WAFFLES / SYRUP FRUIT MILK	14 JUICE CHOICE OF CEREAL SCRAMBLED EGG WHEAT TOAST MARGARINE/JELLY CITRUS SECTIONS MILK	15 JUICE CHOICE OF CEREAL SAUSAGE GRAVY BISCUIT STRAWBERRIES MILK	16 JUICE CHOICE OF CEREAL FRIED EGG WHEAT TOAST MARGARINE/JELLY WARM FRUIT COMPOTE MILK
17 JUICE CHOICE OF CEREAL SCRAMBLED EGG STRUDEL STICK MIXED FRUIT MILK	18 JUICE CHOICE OF CEREAL FRIED EGG BACON WHEAT TOAST MARGARINE/JELLY FRUIT MILK	19 JUICE CHOICE OF CEREAL SAUSAGE CHERRY COFFEE CAKE MANDARIN ORANGES MILK	20 JUICE CHOICE OF CEREAL SCRAMBLED EGG HOMEMADE WAFFLES / SYRUP FRUIT MILK	21 JUICE CHOICE OF CEREAL OMELET RAISIN TOAST MARGARINE/JELLY FRUIT MILK	22 JUICE CHOICE OF CEREAL SAUSAGE CREME BRULEE FRENCH TOAST PEACHES MILK	23 JUICE CHOICE OF CEREAL SCRAMBLED EGG WITH CHEESE WHEAT TOAST MARGARINE/JELLY FRUIT MILK
24 JUICE CHOICE OF CEREAL SAUSAGE PATTY WAFFLES / SYRUP FRUIT CUP MILK	25 JUICE CHOICE OF CEREAL FRIED EGG BACON WHEAT TOAST MARGARINE/JELLY MANDARIN ORANGES MILK	26 JUICE CHOICE OF CEREAL CHARLESTON BREAKFAST CASSEROLE WHEAT TOAST MARGARINE/JELLY CINNAMON APPLES MILK	27 JUICE CHOICE OF CEREAL SCRAMBLED EGG HOMEMADE WAFFLES / SYRUP FRUIT MILK	28 JUICE CHOICE OF CEREAL SCRAMBLED EGG ENGLISH MUFFIN MARGARINE/JELLY WARM FRUIT COMPOTE MILK	29 JUICE CHOICE OF CEREAL SAUSAGE GRAVY BISCUIT MIXED FRUIT MILK	30 JUICE CHOICE OF CEREAL SAUSAGE PANCAKES/SYRUP APRICOTS MILK
31 JUICE CHOICE OF CEREAL CHEESE OMELET GLAZED LONG JOHN PEACHES MILK						

### Bird of the Month – American Robin

When American colonists arrived in Jamestown and Plymouth, they saw familiar-looking orange-breasted birds, known to them as robins. The American songbird is actually a different species from the European robin, but the name stuck.



Robins are one of the most widespread and common birds in North America. They are migratory but will overwinter in place if they have a reliable food source. In colder weather, they forage for nuts and berries.



When the ground is thawed, robins start digging for worms. This is how robins became a symbol of springtime. They also start to sing in the early spring to attract a mate.

Robins fashion rudimentary nests from mud, grass, and sticks. Their reproductive process is so efficient that they just need temporary housing. After mating, female robins quickly lay four beautiful blue eggs that incubate for just under two weeks. After hatching, baby robins grow rapidly and abandon the nest. Then the nesting cycle begins again.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CITRUS HERB COD FILET TARTAR SAUCE BAKED POTATO/MARG MIXED VEGETABLES BREAD/MARG CHEESECAKE CARAMEL SAUCE MILK	2 HAMBURGER POT PIE CREAMY CUCUMBER SALAD ROLL/MARG GELATIN FLUFF MILK
3 BROWN SUGAR GLAZED HAM MASHED POTATOES PORK GRAVY BRUSSELS SPROUTS ROLL/MARG PIE MILK	4 HAWAIIAN MEATBALLS PARSLEY NOODLES CARROTS BREAD/MARG CUSTARD MILK	5 GARLIC ROASTED PORK BAKED POTATO/ MARG BROCCOLI W/CHEDDAR CHEESE SAUCE BREAD/MARG FROSTED CAKE MILK 	6 CHICKEN & PASTA ALFREDO BROCCOLI & CAULIFLOWER GARLIC BREAD FRUITED GELATIN MILK	7 BBQ PORK GLAZED SWEET POTATOES CREAMED CABBAGE BREAD/MARG PUDDING PARFAIT MILK	8 BREADED FISH FILET TARTAR SAUCE SCALLOPED POTATOES MIXED VEGETABLES BREAD/MARG DESSERT CART MILK	9 TURKEY STROGANOFF & NOODLES PEAS BREADSTICK FROSTED CUPCAKE MILK
10 OVEN FRIED CHICKEN MASHED POTATOES GRAVY SUNSHINE CARROTS ROLL/MARG PIE MILK	11 SPAGHETTI/MEAT SAUCE BROCCOLI FLORETS FRESH BAKED BREAD CHERRY CHEESECAKE MILK	12 APPLE GLAZED RIBS OVEN BROWNE POTATOES GREEN BEANS BREAD/MARG FROSTED BROWNIE MILK	13 HOMEMADE MEATLOAF MASHED POTATOES BROWN GRAVY BREAD/MARG KEY WEST BLEND VEGETABLES APPLE PEAR CRISP MILK	14 HAM STEAK ROASTED SWEET POTATO MIXED VEGETABLES BREAD/MARG PINEAPPLE RITZ DESSERT MILK	15 BEER BATTERED TILAPIA TARTAR SAUCE FRIED POTATOES & ONIONS SWEET PEPPER SLAW CORNBREAD HONEY BUTTER CARROT CAKE/CR CHEESE FROSTING MILK	16 BAKED CHICKEN DRUMSTICK CALICO BEAN BAKE MASHED POTATOES GRAVY BREAD/MARG ICE CREAM MILK
17  CORN BEEF CABBAGE CARROTS POTATOES MINT CHOCOLATE LASAGNA MILK	18 ROAST BEEF MASHED POTATOES BEEF GRAVY GLAZED CARROTS BREAD/MARG COOKIE MILK	19 LEMON ROSEMARY CHICKEN BAKED PARMESAN SWEET POTATOES BROCCOLI FLORETS BREAD/MARG PEANUT BUTTER CANDY BAR MILK	20 COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY ROASTED BRUSSELS SPROUTS BREAD/MARG PUMPKIN DESSERT MILK	21 BEEF TIPS & GRAVY PARSLEY NOODLES CITRUS STIR FRY VEGS GARLIC BREAD SHERBET MILK	22 PANKO CRUSTED COD BAKED POTATO/MARG PEAS BREAD/MARG CHEF'S CHOICE DESSERT MILK	23 DORITOS CHICKEN BREAST SHREDDED LETTUCE/TOMATO SPANISH RICE CORN FRIED ICE CREAM PIE MILK
24 ROAST TURKEY STUFFING GRAVY BROCCOLI CASSEROLE CRANBERRY SAUCE ROLL/MARG PIE MILK	25 HOT PORK SANDWICH MASHED POTATOES GRAVY KEY WEST BLEND VEGETABLES CHERRY ORCHARD BAR MILK	26 OVEN FRIED CHICKEN ROASTED POTATOES CARROTS GARLIC BREAD PINEAPPLE UPSIDE DOWN CAKE MILK	27 CREAMY SWISS STEAK MASHED POTATOES CARROTS BREAD/MARG AUTUMN GELATIN MILK	28 CHICKEN THIGHS MACARONI & CHEESE GREEN BEANS BREAD/MARG OREO COOKIE DESSERT MILK	29 SALMON PATTIES DILL CREAM SAUCE CREAMED PEAS & POTATOES BREAD/MARG STRAWBERRIES ANGEL FOOD CAKE MILK	30 BAKED HAM CREAMY SWEET POTATOES MIXED VEGETABLES BREAD/MARG CHILLED FRUIT MILK
31 ROAST BEEF MASHED POTATOES BEEF GRAVY SCALLOPED CORN ROLL/MARG PIE MILK						

March's Full Moon

The full moon of March is known by a few names. Some Native American tribes call it the worm moon because, as the temperature warms and the ground begins to thaw, earthworms appear, which brings the return of the robins. Others call it the full crow moon because the cawing of crows signals the end of winter.



*"The March wind roars like a lion in the sky  
And makes us shiver as he passes by.  
When winds are soft and the days are warm and clear,  
Just like a gentle lamb, then spring is here."*

~ Author Unknown



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 PIZZA SLICE TOSS SALAD/DRESSING BREADSTICK SUGAR COOKIE MILK	2 BBQ STEAK SANDWICH ONION TANGLERS POTATO CHIPS SHERBET MILK
3 POTATO BACON CHOWDER CRACKERS TURKEY & CHEESE CROISSANT LAYERED SALAD CREAMY DELIGHT DESSERT MILK	4 ITALIAN BEEF SANDWICH CORN POTATO WEDGES RICE KRISPIE SQUARE MILK	5 WISCONSIN CHEESE SOUP CRACKERS TUNA SALAD SANDWICH TOSS SALAD/DRESSING CHOCOLATE FUDGE MILK	6 MEATLOAF SANDWICH MASHED POTATOES GRAVY STEWED TOMATOES GINGER COOKIE MILK	7 CHICKEN AND NOODLES MASHED POTATOES GREEN BEANS ICE CREAM CAKE MILK	8 STUFFED PEPPER SOUP CRACKERS COLD MEAT & CHEESE WRAP SHERBET MILK	9 HEARTY BEEF STEW BAKED BEANS BREAD/MARG TEXAS SHEET CAKE MILK
10 HAM & CHEESE QUICHE STEWED TOMATOES PEACHES MINI DONUTS MILK	11 POLISH SAUSAGE PARTY POTATOES MIXED VEGETABLES BREAD/MARG COOKIE MILK	12 CREAMED CHICKEN BISCUIT PERFECT SPINACH SALAD FROSTED BANANA BAR MILK	13 TUNA MELT CASSEROLE PEAS BREAD/MARG FRUITED GELATIN MILK	14 POTATO SOUP CRACKERS AUTUMN SANDWICH CRANBERRY SAUCE TOSS SALAD/DRESSING SCOTCHAROOS MILK	15 CHILI SHREDDED CHEESE CRACKERS DICED ONION COTTAGE CHEESE W/ APRICOTS BREAD/MARG CHOC CHIP FLUFFERNUTTER BARS MILK	16 ITALIAN BEEF SANDWICH POTATO WEDGES MARINATED VEGETABLE SALAD POKE CAKE/ TOPPING MILK
17 BROCCOLI CHEESE SOUP TURKEY SALAD SANDWICH TOSS SALAD/DRESSING APPLE TURNOVER MILK	18 GOULASH GREEN BEANS BREAD/MARG WALDORF FRUIT CUP MILK	19 SLOPPY JOE TATER TOT CASSEROLE MIXED VEGETABLES BREAD/MARG CRANBERRY MOUSSE MILK	20 TOMATO BISQUE CRACKERS GRILLED CHEESE SANDWICH CREAMY CUCUMBER SALAD PUMPKIN DESSERT MILK	21 SHEPHERDS PIE MIXED VEGETABLES FRESH BAKED BREAD WARM FRUIT CASSEROLE MILK	22 NEW YORK STYLE HOT DOG SAUERKRAUT KETCHUP/ MUSTARD BAKED BEANS CREAMY CHEDDAR MACARONI SALAD NO BAKE COOKIE MILK	23 MUSHROOM & SWISS BURGER FLAME ROASTED POTATOES & VEGETABLES ORANGE, APPLE, & BANANA CUP CINNAMON ROLL TWIST MILK
24 CORN CHOWDER CRACKERS COLD CUT SANDWICH TOMATO & CUCUMBER SALAD TOFFEE DESSERT MILK	25 CHICKEN & VEG STIR FRY PORK VEG EGG ROLL SHERBET WITH WAFERS MILK	26 FISH W/ CHEESE ON BUN TARTAR SAUCE FRIED POTATOES & ONIONS COLESLAW STRAWBERRY FLUFF MILK	27 HAM AND BEANS PICKLED BEETS MAPLE CORNBREAD COOKIE MILK	28 MAIDRITE ON BUN BBQ SAUCE POTATO WEDGES SWEETENED SAUERKRAUT LEMON BAR MILK	29 BEEF STEW FRESH BAKED BREAD CARROT SALAD ICE CREAM NOVELTY MILK	30 CRISPY CHICKEN SALAD SALAD DRESSING CRACKERS FRESH FRUIT CUP PECAN PIE BREAD PUDDING MILK
31 COLD CUT SANDWICH POTATO CHIPS PEA SALAD COOKIE MILK						

**Birthstone – Aquamarine**

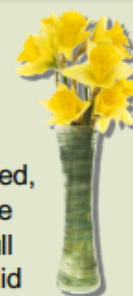
As its name might suggest, March's birthstone is inherently associated with water. *Aquamarine* comes from the Latin words for "sea" and "water," and indeed, its calming, light-blue shades remind us of the cool, refreshing waters of the ocean.



Aquamarine is believed to absorb the energy of young love, so grooms would often give an aquamarine to their brides as a wedding gift. The gemstone for the 19th wedding anniversary, aquamarine is also said to reawaken the love of married couples.

**Flower – Daffodil**

March's flower is the daffodil, also known as the jonquil or narcissus. In the language of flowers, giving jonquils means a desire for affection to be returned, or "Please love me." However, if you give daffodils as a gift, make sure to give a full bouquet. A gift of a single daffodil is said to bring the recipient bad luck and make them narcissistic, as its other name suggests. Also, a bride should never carry yellow daffodils because they will cause her to become vain (although white daffodils are apparently acceptable).



# March Crafts

Thursday, March 28<sup>th</sup> - 10:00A.M.

Community projects- we will work on these things together to decorate  
Clover Ridge Place



Large Egg topiary for front entrance



Easter table decorations

## Individual projects for you to take home



String art vase door hanger



Happy Spring paper door hanger