

Breakfast is Served

National School Breakfast Week March 4th – 8th

National School Breakfast Week (NSBW) celebrates the importance of a nutritious school breakfast in fueling students for success. It's a time to highlight the benefits of a healthy breakfast and ensure that students begin their day with the energy they need to learn and thrive!

Bayside Middle School serves breakfast every day.

March is Sports Madness!!

POP QUIZ!

Pick who you think will win the NCAA Men's Basketball Tournament and enter to win a free lunch!

Drop off your entry with your name and student number in the drop box at the registers in the lunch room to enter. Winner will be picked after the big game.

Spicy Chicken Mole Tacos – Offered March 13th

Limited Time Offer (LTO)

-Mole (pronounced MOH-lay) is a traditional sauce and marinade originally used in Mexican cooking. The term "mole" comes from the Nahuatl word "mulli," which means "sauce" or "concoction."

-A typical mole sauce includes garlic, onion, tomato, and an array of dried chilies. Different moles can contain chili de arbol, oregano, coriander seeds, and more. The spice list can be extensive, with up to 20 ingredients.

-Chocolate Component: Yes, chocolate! Mole often contains unsweetened chocolate or Mexican chocolate, which adds depth and richness to the sauce.



Spring is in the air! March 19th

•The first day of spring is called the vernal equinox. The term "vernal" is Latin for "spring," and "equinox" means "equal night." On this day, the sun rises due east and sets due west, resulting in nearly equal day and night lengths.

•Spring introduces a plethora of colorful produce. Some veggies, like fiddleheads and green garlic, are only available during spring. Others, like asparagus and peas, are simply better this time of year.



Next Month Grilled Cheese Day April 12th

