



March Lunch Fun Facts

Palmyra Eagle Area Schools

Monday

Tuesday

Wednesday

Thursday

Friday

		1 Today we have peas on the menu. Did you know that just one serving of peas contains as much vitamin C as two large apples?	2 Did you know that there are more than 2,000 varieties of cheese? Today we'll have cheddar on the salad bar for your tacos and burritos.	3 Today we have salad on the menu. Did you know that the average American eats 30 pounds of lettuce each year?
6 Today we have French fries on the menu. Did you know that Thomas Jefferson is given credit for introducing French fries to America? The average American eats 50 pounds of French fries each year!	7 Did you know that the U.S. grows 743 million pounds of squash each year? We made 20 pounds for today's lunch.	8 Today we have corn on the menu. Did you know that in the days of early settlers, corn was so valuable that it was used as money?	9 Today we have omelets on the menu. Did you know that not all chickens lay white eggs? Some lay brown, green and even blue!	10 Today we have cucumbers on the menu. Did you know that cucumbers originated in India 3,000 years ago?
13 Native Americans flavored their baked beans with maple syrup and bear fat, and cooked them in a pit in the ground. For school lunch we use ketchup and brown sugar and cook them in the steamer.	14 Today we have peaches on the menu. Did you know that peaches belong to the rose family?	15 Q:How do you fix a sliced tomato? A: Tomato paste!! We have sliced tomatoes on the menu today, but sadly, no tomato paste.	16 It is recommended that you eat 5 servings of fruits and/or vegetables each day. At lunch today you can have 4 servings- mashed potatoes, steamed mixed vegetables, fresh broccoli and mandarin oranges.	17 Today we have cheese pizza on the menu. Did you know that Pizza Hut uses 300 million pounds of cheese each year for their pizzas?
20 Today's menu includes Chef Boyardee Beef Ravioli. Did you know that Chef Boyardee was a real person? He owned a restaurant in Cleveland Ohio – that's his real picture on the can.	21 Today we have apple slices on the menu. Did you know that apple trees can live more than 100 years?	22 Did you know that Alaskan Pollock is eaten more than any other fish in the world? Today's fun fish is Alaskan Pollock.	23 Today we have hot dogs on the menu. Did you know that the average American eats 50 hot dogs every year? Are you above or below average?	24 Today we have French Toast on the menu. Did you know that French Toast really did originate in France?
27 Today we have soy beans on the menu. Did you know that more soy beans are grown in the United States than anywhere else in the world?	28 Today we have bananas on the menu. Did you know that some horticulturists (plant experts) suspect that the banana was the earth's first fruit?	29 Today we have corn on the menu. Did you know that the average ear of corn has 800 kernels in 16 rows?	30 Today we have raisins on the menu. Did you know that raisins are dried grapes?	31 Today we have corn dogs on the menu. Did you know that in Australia, corn dogs are called "Pluto Pups"?