

## National Athletic Training Month

March is National Athletic Training Month! Certified Athletic Trainers (ATs) play an important role in keeping student athletes safe on the field and court.

What do Athletic Trainers do?

Athletic Trainers help with the prevention, assessment, immediate care, and rehabilitation of physically active people who experience injuries or other medical conditions while playing sports. When working with athletes, we are the first line of defense against heat illness, concussions, and overuse injuries.

What are the top injuries seen by Athletic Trainers?

The most common injuries seen by ATs tend to be sprains and strains, typically of the lower extremity, but it is no uncommon to come in contact with more serious conditions, such as fractures, cartilage defects and even dislocated joints.

How does someone become an Athletic Trainer?

To become an AT, you must earn either a Bachelor's or entry-level Master's degree from a college or university that has an Athletic Training education program accredited by the Commission on Accreditation of Athletic Training Education. After graduation, a student must pass the BOC certification exam and earn the AT credential before practicing as a certified Athletic Trainer.

## March

- National Athletic Training Month
- National Music in Our Schools Month
- National Nutrition Month
- National Cheerleading Safety Awareness Month

Source: [www.eatright.org](http://www.eatright.org)

## Curbside Breakfast Menu for March 2021

Agua Fria High School

Monday, March 1	Tuesday, March 2	Wednesday, March 3	Thursday, March 4	Friday, March 5
WG Pop Tart Daily Fruit 100% Fruit Juice Milk	Breakfast Croissant Daily Fruit 100% Fruit Juice Milk	Breakfast Burrito Daily Fruit 100% Fruit Juice Milk	Breakfast Tornado Daily Fruit 100% Fruit Juice Milk	WG Muffin Daily Fruit 100% Fruit Juice Milk
Monday, March 8	Tuesday, March 9	Wednesday, March 10	Thursday, March 11	Friday, March 12
Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
Monday, March 15	Tuesday, March 16	Wednesday, March 17	Thursday, March 18	Friday, March 19
Super Donut Daily Fruit 100% Fruit Juice Milk	Breakfast Croissant Daily Fruit 100% Fruit Juice Milk	Breakfast Burrito Daily Fruit 100% Fruit Juice Milk	Bagel w/cream Cheese Daily Fruit 100% Fruit Juice Milk	French Toast Sticks Daily Fruit 100% Fruit Juice Milk
Monday, March 22	Tuesday, March 23	Wednesday, March 24	Thursday, March 25	Friday, March 26
Monday, March 29	Tuesday, March 30	Wednesday, March 31		
		Fruit Available (due to season): Variety of Apples, Variety of Oranges, Banana's, Raisins, Craisins		<b>Choice of Milk:</b> 1% Lowfat Milk, FF Chocolate Milk, FF Strawberry Milk.

AFUHSD Food Service Department is providing 3 different types of meal service during Remote Learning. Students/Families can only participate in 1 program (RTL Meal Dist., Blue Bird Eats or ESS Homebound)

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## Breakfast Menu for March 2021 (onsite & BBE) Millennium High School

Monday, March 1	Tuesday, March 2	Wednesday, March 3	Thursday, March 4	Friday, March 5
Assorted WG Donuts Fresh or Dried Fruit 100% Fruit Juice Milk	Assorted WG Pop Tarts- Fresh or Dried Fruit 100% Fruit Juice Milk	WG Chocolate Chip Cookies Fresh or Dried Fruit 100% Fruit Juice Milk	Assorted WG Cereal Fresh or Dried Fruit 100% Fruit Juice Milk	Breakfast Sandwich Fresh or Dried Fruit 100% Fruit Juice Milk
Monday, March 8	Tuesday, March 9	Wednesday, March 10	Thursday, March 11	Friday, March 12
Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
Monday, March 15	Tuesday, March 16	Wednesday, March 17	Thursday, March 18	Friday, March 19
Assorted WG Donuts Fresh or Dried Fruit 100% Fruit Juice Milk	Assorted WG Pop Tarts Fresh or Dried Fruit 100% Fruit Juice Milk	WG Chocolate Chip Cookies Fresh or Dried Fruit 100% Fruit Juice Milk	Assorted WG Cereal Fresh or Dried Fruit 100% Fruit Juice Milk	Breakfast Sandwich Fresh or Dried Fruit 100% Fruit Juice Milk
Monday, March 22	Tuesday, March 23	Wednesday, March 24	Thursday, March 25	Friday, March 26
Assorted WG Donuts Fresh or Dried Fruit 100% Fruit Juice Milk	Assorted WG Pop Tarts Fresh or Dried Fruit 100% Fruit Juice Milk	WG Chocolate Chip Cookies Fresh or Dried Fruit 100% Fruit Juice Milk	Assorted WG Cereal Fresh or Dried Fruit 100% Fruit Juice Milk	Breakfast Sandwich Fresh or Dried Fruit 100% Fruit Juice Milk
Monday, March 29	Tuesday, March 30	Wednesday, March 31		<b>Choice of Milk:</b> 1% Lowfat Milk, FF Chocolate Milk, FF Strawberry Milk Fruit Available (due to season) Variety of Apples, Variety of Oranges, Banana's, Raisins, Craisins.
Assorted WG Donuts Fresh or Dried Fruit 100% Fruit Juice Milk	Assorted WG Pop Tarts Fresh or Dried Fruit 100% Fruit Juice Milk	WG Chocolate Chip Cookies Fresh or Dried Fruit 100% Fruit Juice Milk		

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## Breakfast Menu for March 2021 (5 day Meal Box) Desert Edge High School

Monday, March 1	Tuesday, March 2	Wednesday, March 3	Thursday, March 4	Friday, March 5
		Assorted WG Muffins Assorted WG Donuts Assorted WG Pop Tarts Breakfast Burrito Breakfast Sandwich Daily Fruit, Juice & Milk		
Monday, March 8	Tuesday, March 9	Wednesday, March 10	Thursday, March 11	Friday, March 12
Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
Monday, March 15	Tuesday, March 16	Wednesday, March 17	Thursday, March 18	Friday, March 19
		Assorted WG Muffins Assorted WG Donuts Assorted WG Pop Tarts Breakfast Burrito Breakfast Sandwich Daily Fruit, Juice & Milk		
Monday, March 22	Tuesday, March 23	Wednesday, March 24	Thursday, March 25	Friday, March 26
Monday, March 29	Tuesday, March 30	Wednesday, March 31		<b>Choice of Milk:</b> 1% Lowfat Milk, FF Chocolate Milk, FF Strawberry Milk.
		Fruit Available (due to season) Variety of Apples, Variety of Oranges, Banana's, Raisins, Craisins		

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## Breakfast Menu for March 2021 (Onsite)

Desert Edge High School

Monday, March 1	Tuesday, March 2	Wednesday, March 3	Thursday, March 4	Friday, March 5
Assorted WG Donuts Daily Fruit, Juice & Milk	Breakfast Burrito Daily Fruit, Juice & Milk	French Toast Sticks w/syrup Daily Fruit, Juice & Milk	Breakfast Croissant Sandwich Daily Fruit, Juice & Milk	WG Super Donut Daily Fruit, Juice & Milk
Monday, March 8	Tuesday, March 9	Wednesday, March 10	Thursday, March 11	Friday, March 12
Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
Monday, March 15	Tuesday, March 16	Wednesday, March 17	Thursday, March 18	Friday, March 19
Breakfast Burrito Daily Fruit, Juice & Milk	Assort WG Donuts Daily Fruit, Juice & Milk	WG Breakfast Cookies Daily Fruit, Juice & Milk	Breakfast Croissant Sandwich Daily Fruit, Juice & Milk	Assorted WG Pop Tart Daily Fruit, Juice & Milk
Monday, March 22	Tuesday, March 23	Wednesday, March 24	Thursday, March 25	Friday, March 26
Breakfast Biscuit Sandwich Daily Fruit, Juice & Milk	Breakfast Burrito Daily Fruit, Juice & Milk	Breakfast Croissant Daily Fruit, Juice & Milk	French Toast Sticks w/syrup Daily Fruit, Juice & Milk	Assorted WG Donuts Daily Fruit, Juice & Milk
Monday, March 29	Tuesday, March 30	Wednesday, March 31		<b>Choice of Milk:</b> 1% Lowfat Milk, FF Chocolate Milk, FF Strawberry Milk Fruit Available (due to season) Variety of Apples, Variety of Oranges, Banana's, Raisins, Craisins.
Assorted WG Cereal Daily Fruit, Juice & Milk	WG Super Donut Daily Fruit, Juice & Milk	Breakfast Burrito Daily Fruit, Juice & Milk		

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## Breakfast Menus for March 2021 (onsite & BBE)

Canyon View High School

Monday, March 1	Tuesday, March 2	Wednesday, March 3	Thursday, March 4	Friday, March 5
Breakfast Muffin Sandwich Daily Fruit 100% Fruit Juice Milk	Breakfast Burrito Daily Fruit 100% Fruit Juice Milk	Breakfast Biscuit Sandwich Daily Fruit 100% Fruit Juice Milk	Breakfast Burrito Daily Fruit 100% Fruit Juice Milk	Pancakes w/butter & syrup Fresh or Dried Fruit 100% Fruit Juice Milk
Monday, March 8	Tuesday, March 9	Wednesday, March 10	Thursday, March 11	Friday, March 12
Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
Monday, March 15	Tuesday, March 16	Wednesday, March 17	Thursday, March 18	Friday, March 19
Assorted WG Muffins Daily Fruit 100% Fruit Juice Milk	Breakfast Burrito Daily Fruit 100% Fruit Juice Milk	Breakfast Biscuit Sandwich Daily Fruit 100% Fruit Juice Milk	Breakfast Burrito Daily Fruit 100% Fruit Juice Milk	Pancakes w/butter & syrup Fresh or Dried Fruit 100% Fruit Juice Milk
Monday, March 22	Tuesday, March 23	Wednesday, March 24	Thursday, March 25	Friday, March 26
Assorted WG Muffins Daily Fruit 100% Fruit Juice Milk	Breakfast Burrito Fresh or Dried Fruit 100% Fruit Juice Milk	Breakfast Biscuit Sandwich Daily Fruit 100% Fruit Juice Milk	Breakfast Burrito Fresh or Dried Fruit 100% Fruit Juice Milk	Pancakes w/butter & syrup Fresh or Dried Fruit 100% Fruit Juice Milk
Monday, March 29	Tuesday, March 30	Wednesday, March 31		<b>Choice of Milk:</b> 1% Lowfat Milk, FF Chocolate Milk, FF Strawberry Milk Fruit Available (due to season) Variety of Apples, Variety of Oranges, Banana's, Raisins.
Assorted WG Muffins Daily Fruit 100% Fruit Juice Milk	Breakfast Burrito Daily Fruit 100% Fruit Juice Milk	WG Chocolate Chip Cookies Fresh or Dried Fruit 100% Fruit Juice Milk		

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## Onsite Breakfast Menu for March 2021

Agua Fria High School

Monday, March 1	Tuesday, March 2	Wednesday, March 3	Thursday, March 4	Friday, March 5
Assorted Donuts Daily Fruit 100% Fruit Juice Choice of Milk	Assorted WG Pop Tarts Daily Fruit 100% Fruit Juice Choice of Milk	Assorted WG Muffins Daily fruit 100% Fruit Juice Choice of Milk	Breakfast Sandwich Daily Fruit 100% Fruit Juice Choice of Milk	Breakfast Burrito Daily Fruit 100% Fruit Juice Choice of Milk
Monday, March 8	Tuesday, March 9	Wednesday, March 10	Thursday, March 11	Friday, March 12
Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
Monday, March 15	Tuesday, March 16	Wednesday, March 17	Thursday, March 18	Friday, March 19
Assorted Donuts Daily Fruit 100% Fruit Juice Choice of Milk	Assorted WG Pop Tarts Daily Fruit 100% Fruit Juice Choice of Milk	Assorted WG Muffins Daily fruit 100% Fruit Juice Choice of Milk	Breakfast Sandwich Daily Fruit 100% Fruit Juice Choice of Milk	Breakfast Burrito Daily Fruit 100% Fruit Juice Choice of Milk
Monday, March 22	Tuesday, March 23	Wednesday, March 24	Thursday, March 25	Friday, March 26
Assorted Donuts Daily Fruit 100% Fruit Juice Choice of Milk	Assorted WG Pop Tarts Daily Fruit 100% Fruit Juice Choice of Milk	Assorted WG Muffins Daily fruit 100% Fruit Juice Choice of Milk	Breakfast Sandwich Daily Fruit 100% Fruit Juice Choice of Milk	Breakfast Burrito Daily Fruit 100% Fruit Juice Choice of Milk
Monday, March 29	Tuesday, March 30	Wednesday, March 31		<b>Choice of Milk:</b> 1% Lowfat Milk, FF Chocolate Milk, FF Strawberry Milk Fruit Available (due to season): Variety of Apples, Variety of Oranges, Banana's, Raisins Craisins.
Super Donut Daily Fruit 100% Fruit Juice Choice of Milk	Breakfast Croissant Daily Fruit 100% Fruit Juice Choice of Milk	Bagel w/cream cheese Daily Fruit 100% Fruit Juice Choice of Milk		

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