

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

Menus for March 2020

Verrado High School

MONDAY March 2	Tuesday March 3	Wednesday March 4	Thursday March 5	Friday March 6
Mandarin Orange Chicken Rice Bowl Steamed Broccoli Mini Egg Roll Variety of Fruit	Mashed Potato Bowl w/ Popcorn Chicken Seasoned Corn Buttermilk Biscuit Variety of Fruit	Soft Beef & Cheese Tacos (2) w/ sour cream, jalapenos and salsa Spanish Rice Pinto Beans Variety of Fruit	Oven roasted Chicken Mashed Potatoes Corn on the Cob Buttermilk Biscuit Variety of Fruit	Domino's Pizza– Variety Spinach Salad w/ assorted dressing Jello Fruit Salad
Monday, March 9	Tuesday, March 10	Wednesday, March 11	Thursday, March 12	Friday, March 13
SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
Monday, March 16	Tuesday, March 17	Wednesday, March 18	Thursday, March 19	Friday, March 20
General Tso's Chicken Rice Bowl Steamed Broccoli Mini Egg Roll Variety of Fruit	Chili Cheese Hotdog w/ diced onions and jalapenos French Fries Homemade Chocolate Chip Cookie Variety of Fruit	Spaghetti & Meatballs w/meat sauce Seasoned Green Beans Garlic Bread Cannoli Variety of Fruit	Taco Salad Bowl w/fresh salsa, shredded cheese, diced onions, cilantro, sour cream and jalapeno slices Variety of Fruit	Domino's Pizza– Variety Spinach Salad w/assorted dressing Fresh Fruit Salad
Monday, March 23	Tuesday, March 24	Wednesday, March 25	Thursday, March 26	Friday, March 27
Chef's Choice	Mashed Potato Bowl w/Popcorn Chicken, Seasoned Corn Buttermilk Biscuit Variety of Fruit	Chicken Fingers w/variety of dipping sauce Potato Wedges Coleslaw Cornbread Variety of Fruit	Loaded Nachos w/seasoned beef, refried beans, shred- ded cheese, diced onions, cilantro, jalapenos, sour cream and salsa Variety of Fruit	Domino's Pizza– Variety Spinach Salad w/ assorted dressing Jello Fruit Salad
Monday, March 30	Tuesday, March 31			
Mandarin Orange Chicken Rice Bowl Steamed Broccoli Fresh Orange Slices Variety of Fruit	Taco Salad Bowl w/fresh salsa, shredded cheese, diced onions, cilantro, sour cream and jalapeno slices Variety of Fruit			

This institution is an equal opportunity provider and employer.

Menu Subject to Change
w/o notice

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.

Bistro Menu for March 2020

Verrado High School

MONDAY March 2	Tuesday March 3	Wednesday March 4	Thursday March 5	Friday March 6
French Bread Pizza Green Salad w/Ranch dressing Variety of Fruit	Taco Salad Variety of Fruit	Pepperoni & Cheese Calzone Green Salad w/Ranch dressing Variety of Fruit	Asian Chicken Bowl Variety of Fruit	Loaded Nachos Variety of Fruit
Monday, March 9	Tuesday, March 10	Wednesday, March 11	Thursday, March 12	Friday, March 13
SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
Monday, March 16	Tuesday, March 17	Wednesday, March 18	Thursday, March 19	Friday, March 20
Chicken Drumsticks Mashed Potatoes Corn on the Cob Variety of Fruit	Taco Salad Variety of Fruit	Pepperoni & Cheese Calzone Green Salad w/Ranch dressing Variety of Fruit	Asian Chicken Bowl Variety of Fruit	Loaded Nachos Variety of Fruit
Monday, March 23	Tuesday, March 24	Wednesday, March 25	Thursday, March 26	Friday, March 27
Breakfast for Lunch Variety of Fruit	Taco Salad Variety of Fruit	Pepperoni & Cheese Calzone Green Salad W/Ranch dressing Variety of Fruit	Asian Chicken Bowl Variety of Fruit	Loaded Nachos Variety of Fruit
Monday, March 30	Tuesday, March 31			
French Bread Pizza Green Salad w/Ranch dressing Variety of Fruit	Taco Salad Variety of Fruit			

March

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

This institution is an equal opportunity provider and employer.

Menu Subject to Change
w/o notice

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

Menus for March 2020

Verrado High School

MONDAY March 2	Tuesday March 3	Wednesday March 4	Thursday March 5	Friday March 6
Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Domino's Pizza Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito	Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Domino's Pizza Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito	Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Domino's Pizza Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito	Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Domino's Pizza Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito	Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Domino's Pizza Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito
Monday, March 9	Tuesday, March 10	Wednesday, March 11	Thursday, March 12	Friday, March 13
SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
Monday, March 16	Tuesday, March 17	Wednesday, March 18	Thursday, March 19	Friday, March 20
Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Domino's Pizza Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito	Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Domino's Pizza Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito	Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Domino's Pizza Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito	Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Domino's Pizza Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito	Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Domino's Pizza Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito
Monday, March 23	Tuesday, March 24	Wednesday, March 25	Thursday, March 26	Friday, March 27
Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Domino's Pizza Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito	Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Domino's Pizza Deep Dish Pepperoni Pizza PB&J Sandwich	Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Domino's Pizza Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito	Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Domino's Pizza Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito	Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Domino's Pizza Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito
Monday, March 30	Tuesday, March 31			
Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Domino's Pizza Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito	Chicken Patty on a Bun Spicy Chicken Patty on a Bun Cheeseburger Bacon Cheeseburger Domino's Pizza Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito			

This institution is an equal opportunity provider and employer.