

# Menus for April 2019

Blairsville-Saltsburg School District

This institution is an equal opportunity provider. Menus are subject to



## Available Daily

**Cheeseburgers, Hamburgers Deli Sandwiches/Hoagies, Grab n Go Specialty Salads, Smart Snacks Ala Carte .**

**Monday's Primo Four Cheese Pizza or Juicy Chicken Patty.**

**Tuesday's Homestyle Pizza or Spicy Chicken Sandwich.**

**Wednesday's Homestyle Mozzarella Bread Sticks Or Chicken Tender Basket .**

**Thursday's Homestyle Pizza or Homemade Buffalo Chicken Pizza or Mexican Pizza**

**Daily Fruit Choices may include: Apples, Oranges, Grapes, Bananas, Mandarin Oranges, Peaches, Pineapples, Strawberries, Blueberries, Fruit Cocktail, Cranberries 100% fruit Juice Available, Orange Apple Grape (One serving of Juice if you are taking two fruit choices) Vegetable Choices Include: Romaine Lettuce, Baby Carrots, Broccoli Florets, Celery Sticks, Red Pepper Strips, Tomatoes, Chick Pea Salads. Lite Ranch Dip Available w/ Fresh Veggies. Some entrees may include Shredded Lettuce, Tomatoes. Locally Sourced items include: Milk from Western PA and Mainly Indiana County! Produce may include Tomatoes, Cucumbers and Tomatoes from Yarnick's farm. OUR MILK is from cows Not treated with the growth hormone RBST, Skim, 1% white, 1% Chocolate, Fat Free Vanilla**

**Breakfast \$.75 Lunch \$2.85**



**PLEASE STAY ALERT!**

**THE FIRST OF APRIL IS APRIL FOOLS DAY! DON'T BE FOOLED!**



**PLEASE SEE THE OTHER PAGE FOR A LIST OF THE GREATEST APRIL FOOLS TRICKS OF ALL TIME!**

### Featured Specials of the Day

#### Monday, April 1

Rib Bar Bee Que Sandwich  
Oven Baked Fries & Fresh Veggies  
Fruit Choices

#### Tuesday, April 2

Mrs. T's Pierogis w Side of Sliced Kielbasa & W.G. Dinner Roll  
Tender Green Beans & Fresh Veggies  
Fruit Choices

#### Wednesday, April 3

Swedish Meatballs over Buttered Noodle's & Garlic Bread Stick  
Glazed Carrots & Fresh Veggies  
Fruit Choices

#### Thursday, April 4

General Tso Chicken over Rice w W.G. Dinner Roll  
Steamed Broccoli & Fresh Veggies  
Fruit Choices

#### Friday, April 5

Stuffed Crust Pizza or Peanut Butter & Jelly Sandwich  
Fresh Celery Sticks & or Baby Whole Peeled Carrots  
Fresh Fruit & or Fruit Juice  
Cheese-it Crackers



## YOU'RE GETTING WARM.

One of the best ways to avoid getting hurt – playing a sport, in gym class, running, or working out – is to stretch out really good first and start off slowly before you go all out.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!**

### Featured Specials of the Day

#### Monday, April 8

Hot Meatball Hoagie w Shredded Mozzarella Cheese  
Golden Kernel Corn & Fresh Veggies  
Fruit Choices

#### Tuesday, April 9

Sloppy Fries w Cheese Salsa Sour Cream & Dinner Roll  
Refried Beans & Fresh Veggies  
Fruit Choices

#### Wednesday, April 10

Hot Turkey Sandwich w Gravy  
Fluffy Whipped Potatoes & Fresh Veggies  
Fruit Choices

#### Thursday, April 11

Rigatoni w Meat Sauce & Garlic Bread Stick  
Garden Salad w Light Dressing & Fresh Veggies  
Fruit Choices

#### Friday, April 12

Staked Ham & Cheese on Pretzel Bun or Peanut Butter & Jelly Sandwich  
Fresh Broccoli Florets & or Fresh Celery Sticks  
Fresh Fruit & or Fruit Juice  
Goldfish Crackers



**141 BY THE NUMBERS**  
**IN THOUSANDS. THE NUMBER OF GIRLS HIGH SCHOOL LACROSSE PLAYERS IN THE U.S. IN 2017**

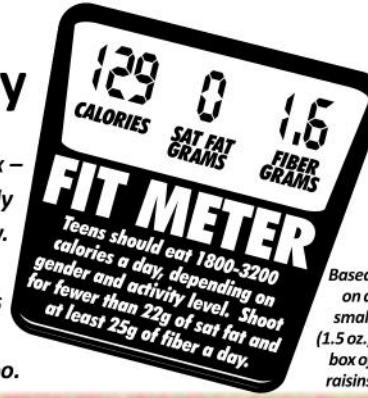
# eatfit

wanna stay fit?  
gotta eat right!



**item:** dried fruit  
**verdict:** sweet energy

**tip:** Dried fruit – alone or in a trail mix – is a great source of quick energy, especially for strenuous or extended physical activity. But be careful. A handful of raisins can have the same calories as a pound of grapes – all of the natural sugar is concentrated in the drying process, so the calories are concentrated, too.



Based on a small (1.5 oz.) box of raisins

**184** BY THE NUMBERS  
IN THOUSANDS. THE NUMBER OF BOYS HIGH SCHOOL LACROSSE PLAYERS IN THE U.S. IN 2017

## Featured Specials of the Day

Monday, April 22



**Easter Break**

No School Today

Tuesday, April 23

Italian Combo Platter w Garlic Bread Stick  
Seasoned Mixed Vegetables & Fresh Veggies  
Fruit Choices

Wednesday, April 24

Penne Pasta w Meat Sauce and Garlic Bread Stick  
Garden Salad w Light Dressing & Fresh Veggies  
Fruit Choices

Thursday, April 25

Bobcat/Trojan Special: Seasoned Beef w Gravy  
Fluffy Whipped Potatoes & Fresh Veggies  
Fruit Choices

Friday, April 26

Italian Hoagie or Peanut Butter & Jelly Sandwich  
Fresh Celery Sticks & or Baby Whole Peeled Carrots  
Fresh Fruit & or Fruit Juice  
Cheese-it Crackers

Monday, April 29

Oven Fried Chicken w Gravy & Bread Stick  
Fluffy Whipped Potatoes & Fresh Veggies  
Fruit Choices

Tuesday, April 30

Primo Steak Sandwich w Fries & Cole Slaw  
Homemade Baked Beans & Fresh Veggies  
Fruit Choices

## Featured Specials of the Day

Monday, April 15

Homemade Stromboli w Side of Marinara Sauce  
Garden Salad w Light Dressing & Fresh Veggies  
Fruit Choices

Tuesday, April 16

Chicken Parmesan over Thin Spaghetti Pasta w  
Shredded Mozzarella and Marinara Sauce w Garlic Bread Stick  
Tender Green Beans & Fresh Veggies  
Fruit Choices

Wednesday, April 17

Fish Stick Boat w W.G. Dinner Roll & Side of Macaroni & Cheese  
Cole Slaw & Fresh Veggies  
Fruit Choices

Thursday, April 18

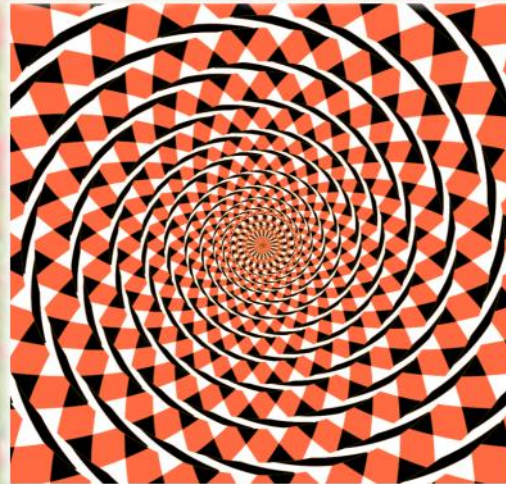
Mandarin Orange Chicken over Rice w W.G. Dinner Roll  
Stir Fry Veggies & Fresh Veggies  
Fruit Choices

Friday, April 19

**Easter Break**

No School Today

Only an  
**Illusion**



This image might look like a spiral, but it's not – it's a series of circles. The background makes it APPEAR to be a spiral. Try tracing one of the lines if you're not convinced. You won't move inward or outward – you'll just go around in a circle.

Please see the other page for items available daily