

Menus for April 2019

Blairsville-Saltsburg School District

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



**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!**



YOU'RE GETTING WARM.



One of the best ways to avoid getting hurt – playing a sport, in gym class, and even on the playground – is to stretch out a little first and start off slowly before you go all out.



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

Available Daily

Fruit Choices May Include:
Apples, Oranges, Grapes, Bananas, Mandarin Oranges, Pineapples, Peaches, Strawberries, Fruit Cocktail, Blueberries, Cranberries

100% Fruit Juice Available:
Orange, Apple, Grape (only one serving of juice if selecting two fruit choices)

Vegetable Choices include:
Romaine Lettuce, Baby Carrots, Broccoli Florets, Celery Sticks, Red Pepper Strips, Tomatoes, Chick Pea Salad. Lite Ranch Dip available w/fresh veggies. Some Entrees include shredded lettuce & tomatoes

Locally Sourced Items include:
Produce may include; Tomatoes, Cucumbers & Peppers from Yarnick's Farm. Milk from Western PA & mostly Indiana County! Milk is not treated with the growth hormone RBST. Skim, 1% White, 1% Chocolate, Fat Free Vanilla

Condiments available, Smart Snacks Ala Carte

Breakfast Cereal & Elf Grahams

Breakfast N/C
Lunch \$2.60

Monday, April 1

Breakfast

Super Bakery
Powdered Minis
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Rib Bar Bee Que Sandwich
W.G. Corn Dog
Oven Baked Fries
Fresh Broccoli Florets

Tuesday, April 2

Breakfast

Apple Blueberry Benefit Bar
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Mrs. T's Pierogis w Side of
Sliced Hot Dog & W.G.
Dinner Roll
Juicy Tyson Chicken Patty
Tender Green Beans
Baby Whole Peeled Carrots

Wednesday, April 3

Breakfast

Banana Bread Slice
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Meatballs w Gravy over
Buttered Noodles
W Garlic Bread Stick
Chicken Fries w Bread Stick
Glazed Sliced Carrots
Fresh Celery Sticks

Thursday, April 4

Breakfast

Ultimate Breakfast Round
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

General Tso Chicken over
Rice w W.G. Dinner Roll
Fresh Italian Hoagie
Steamed Broccoli
Fresh Red Pepper Strips

Friday, April 5

Breakfast

Pancake & Sausage Wrap
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Pepperoni or Cheese Pizza
Crispy Fish Sticks
Creamy Cole Slaw
Three Bean Salad

Monday, April 8

Breakfast

Blueberry Muffin Top
w/wo Elf Graham
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Hot Meatball Hoagie
W Shredded
Mozzarella Cheese
W.G. Corn Dog
Golden Kernel Corn
Whole Baby Peeled Carrots

Tuesday, April 9

Breakfast

Bagel Stick w Strawberry
Cream Cheese
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Walking Tacos w Cheese
Lettuce Salsa & Sour Cream
Juicy Tyson Chicken Patty
Refried Beans
Fresh Broccoli Florets

Wednesday, April 10

Breakfast

Honey Bun
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Hot Turkey
Sandwich w Gravy
Chicken Fries w Bread Stick
Fluffy Whipped Potatoes
Fresh Celery Sticks

Thursday, April 11

Breakfast

Cinnamon Toast Pastry
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Rigatoni Pasta w Meat Sauce
& Garlic Bread Stick
Fresh Italian Hoagie
Garden Salad w lite Dressing
Three Bean Salad

Friday, April 12

Breakfast

Warm Cluster Bun w
Cheese Stick
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Homestyle Mozzarella Bread
Sticks w Side of
Marinara Sauce
Crispy Fish Sticks
Garden Salad w lite Dressing
Creamy Cole Slaw

Monday, April 15

Breakfast

Cinnamon Roll
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Chicken Nuggets w
Dipping Sauces
W.G. Corn Dog
Golden Kernel Corn
Sliced Beets

Tuesday, April 16

Breakfast

French Toast Benefit Bar
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Hot Dog Croissant
Juicy Tyson Chicken Patty
Tender Green Beans
Whole Baby Peeled Carrots

Wednesday, April 17

Breakfast

Bagel w Margarine Cup
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Fish Stick Boat w Side of
Macaroni & Cheese
Chicken Fries w Bread Stick
Creamy Cole Slaw
Fresh Broccoli Florets

Thursday, April 18

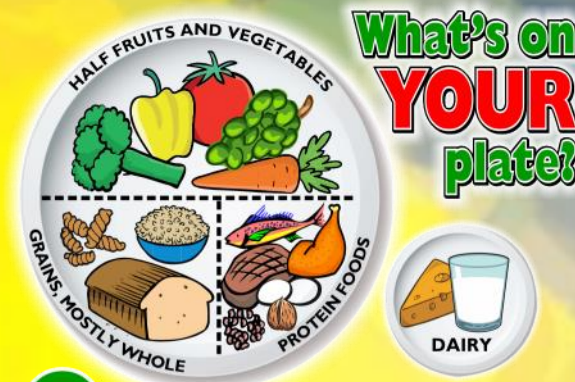
Breakfast

Super Bakery Ring
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Mandarin Orange Chicken
over Rice w W.G. Dinner Roll
Fresh Italian Hoagie
Stir Fry Vegies
Fresh Red Pepper Strips

Friday, April 19



What's on YOUR plate?

Q: What's the GOOFIEST thing about a GOOBER?

Monday, April 22



Tuesday, April 23

Breakfast

Ultimate Breakfast Round
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Italian Combo Platter w
Garlic Bread Stick
Juicy Tyson Chicken Patty
Seasoned Mixed Vegetables
Fresh Celery Sticks

Wednesday, April 24

Breakfast

Berry Bread Slice
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Penne Pasta w Meat Sauce &
Garlic Bread Stick
Chicken Fries w Bread stick
Garden Salad w
Light Dressing
Whole Baby Peeled Carrots

Thursday, April 25

Breakfast

Honey Bun
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Bobcat/Trojan Special :
Seasoned Beef w Gravy over
Fluffy Whipped Potatoes
Fresh Italian Hoagie
Fresh Broccoli Florets

Friday, April 26

Breakfast

Egg & Cheese
Breakfast Sandwich
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Stuffed Crust Pizza
Crispy Fish Sticks
Creamy Cole Slaw
Tender Green Beans



A: "Goober" is another name for a peanut, and the goofiest thing about a peanut is that it's not really a nut at all! Peanuts are really beans that grow under ground. Real nuts are sometimes called "tree nuts."

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, April 29

Breakfast

Apple Cinnamon Muffin Top
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Oven Fried Chicken
W Gravy
W.G. Corn Dog
Fluffy Whipped Potatoes
Fresh Celery Sticks

Tuesday, April 30

Breakfast

Cluster Roll w Cheese Stick
Choice of Fruit & or Fruit
Juice Milk Choice

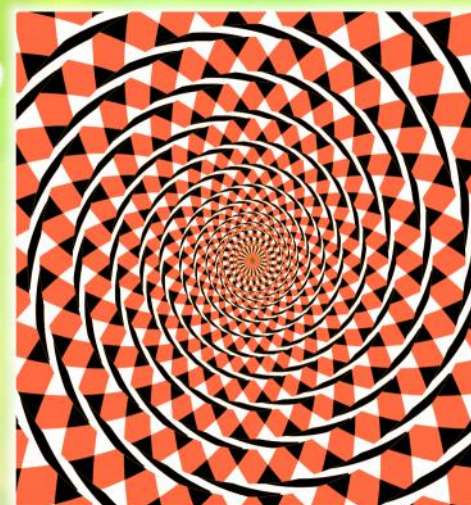
Lunch

Hamburger or Cheeseburger
Juicy Tyson Chicken Patty
Oven Baked Fries
Homemade Baked Beans

NUTRITION TO GO

Experts recommend that we eat at least 20-30 grams of fiber a day -- but most Americans consume less than half that much. Good sources are grains, fruits, vegetables, and beans. Check the labels on foods, like your favorite breakfast cereal -- some cereals provide ten or more grams of fiber per bowl, but shoot for at least three.

A QUICK BITE FOR PARENTS



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.