

Menus for March 2019



BLAIRSVILLE-SALTSBURG SCHOOL DISTRICT

This institution is an equal opportunity provider.

Available Daily

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

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**



Featured Specials of the Day

Friday, March 1
Italian Hoagie or Peanut Butter & Jelly Sandwich
Fresh Celery Sticks & or Whole Baby Peeled Carrots
Fresh Fruit & or Fruit Juice
Cheese –It Crackers

Monday, March 4
Hot Meatball Hoagie w Shredded Mozzarella Cheese
Golden Kernel Corn & Fresh Veggies
Fruit Choices

Tuesday, March 5
Pizza burgers
Tender Green Beans & Fresh Veggies
Fruit Choices

Wednesday, March 6
Toasted Cheese Sandwich
Creamy Tomato Soup & Fresh Veggies
Fruit Choices

Thursday, March 7
General Tso Chicken over & W.G. Dinner Roll
Steamed Fresh Broccoli Florets & Fresh Veggies
Fruit Choices

Friday, March 8
Stuffed Crust Pizza
Baby Whole Peeled Carrots & or Fresh Broccoli Florets
Fresh Fruit & or Fruit Juice & Goldfish Crackers

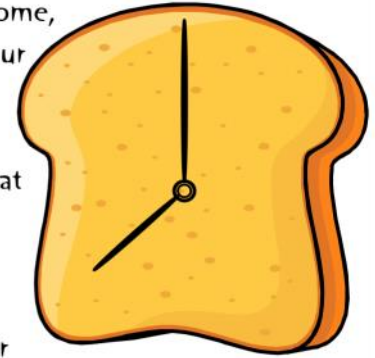
SCHOOL BREAKFAST

START YOUR ENGINES!

**YO! Join us March 4-8 for
National School Breakfast Week 2019**

OFF THE CLOCK.

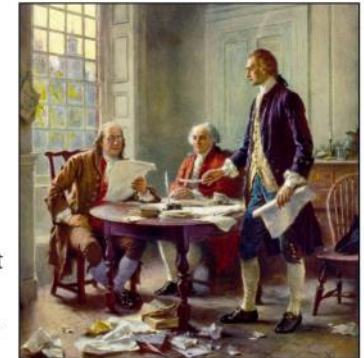
A clock can't always tell you when it's time for breakfast! Eat at home, before you start your day. Or eat when you get where you're going. Or eat something mid-morning. Research even suggests we learn and feel better when we eat TWO smaller healthy breakfasts.



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

★ OUR NATION'S HISTORY ★

The Declaration of Independence was written in 1776 by a committee of the Continental Congress that had three members: Ben Franklin, John Adams, and Thomas Jefferson. Franklin was already 70 at the time and would live another 14 years. Adams and Jefferson were younger men, and each would go on to become President of the United States – and they also became



bitter political rivals in the young republic. In later life, they would become friends again and correspond for many years. Amazingly, Adams and Jefferson died on the same day, and, even more amazingly, that day was July 4, 1826 – exactly 50 years to the day from the signing of their Declaration.

★ **WITH LIBERTY & JUSTICE FOR ALL** ★

eat fit

wanna stay fit?
gotta eat right!



item: bananas
verdict: peel away

tip: Bananas are a perfect portable breakfast or snack! Athletes love them before a workout for their easily digestible carb fuel and after a workout with a protein food like peanut butter for recovery. Bananas even replace potassium lost during prolonged exercise!



Please see the other page for items available daily

Featured Specials of the Day

Monday, March 25
French Toast Slices w Syrup & Sausage Link
Hash Brown Potatoes & Fresh Vegies
Fruit Choices

Tuesday, March 26
Italian Combo Platter w Garlic Bread Stick
Garden Salad w Light Dressing & Fresh Vegies
Fruit Choice

Wednesday, March 27
Beef & Cheese Nachos Grande w Salsa Sour Cream & W.G. Dinner Roll
Refried Beans & Fresh Vegies
Fruit Choices

Thursday, March 28
Popcorn Chicken Mashed Potato Corn Cheese & Gravy Bowl
W W.G. Dinner Roll, Golden Kernel Corn & Fresh Vegies
Fruit Choices

Friday, March 29
Italian Hoagie or Peanut Butter & Jelly Sandwich
Fresh Broccoli Florets or Fresh Celery Sticks
Fresh Fruit & or Fruit Juice
Goldfish Crackers

Featured Specials of the Day

Monday, March 11
Oven Fried Chicken w Gravy & Bread Stick
Fluffy Whipped Potatoes & Fresh Vegies
Fruit Choice

Tuesday, March 12
Sloppy Fries w Cheese Salsa Sour Cream & Dinner Roll
Refried Beans & Fresh Vegies
Fruit Choices

Wednesday, March 13
Penne Pasta w Meat Sauce & Garlic Bread Stick
Garden Salad w Light Dressing & Fresh Vegies
Fruit Choices

Thursday, March 14
Mandarin Orange Chicken over Rice w W.G. Dinner Roll
Stir Fry Vegies
Fruit Choices

Friday, March 15
Stacked Ham & Cheese on Pretzel Bun or P. Butter & Jelly Sandwich
Fresh Broccoli Florets & or Baby Whole Peeled Carrots
Fresh Fruit & or Fruit Juice
Goldfish Crackers

Featured Specials of the Day

Monday, March 18
Homemade Stromboli w Side of Marinara Sauce
Garden Salad w Light Dressing & Fresh Vegies
Fruit Choices

Tuesday, March 19
Chicken & Biscuit
Fluffy Whipped Potatoes & Fresh Vegies
Fruit Choices

Wednesday, March 20
Rotini Pasta w Meat Sauce & Garlic Bread Stick
Garden Salad w Light Dressing & Fresh Vegies
Fruit Choices

Thursday, March 21
Sweet Chili Chicken w Ramen Noodles & W.G. Dinner Roll
Steamed Broccoli & Fresh Vegies
Fruit Choices

Friday, March 22
Stuffed Crust Pizza or Peanut Butter & Jelly Sandwich
Baby Whole Peeled Carrots & or Fresh Celery Sticks
Fresh Fruit & or Fruit Juice
Cheese-It Crackers

THE A LIST

Top 10 Artists for the whole year of 2018

- 1/Drake
- 2/Post Malone
- 3/Cardi B
- 4/Ed Sheeran
- 5/Imagine Dragons
- 6/Camila Cabello
- 7/XXXTentacion
- 8/Ariana Grande
- 9/Migos
- 10/Maroon 5

Source: Billboard