

Menus for March 2019

BLAIRSVILLE-SALTSBURG SCHOOL DISTRICT

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



Friday, March 1

Breakfast

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

Lunch

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

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, March 4

Breakfast

Super Bakery
Powdered Minis
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, March 5

Breakfast

Honey Bun
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Pizza burgers
Juicy Tyson Chicken Patty
Tender Green Beans
Fresh Broccoli Florets

Wednesday, March 6

Breakfast

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

Lunch

Toasted Cheese Sandwich
Chicken Fries w Bread Stick
Creamy Tomato Soup
Fresh Celery Sticks

Thursday, March 7

Breakfast

Banana Bread Slice
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, March 8

Breakfast

Sliced Warm Biscuit w
Margarine
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Pepperoni or Cheese Pizza
Cheeseburger on Bun
Seasoned Peas
Sliced Beets

Kids! 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 kids learn and feel better when they eat TWO smaller healthy breakfasts.



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

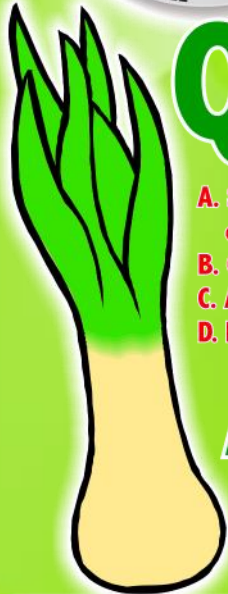
Spring Forward



Sunday, March 10



What's on YOUR plate?



Q: What can you do with a LEEK?!

- A. Stick your finger in it until help comes!
- B. Call a plumber to fix it!
- C. ABANDON SHIP!
- D. None of the above

A: The answer is D – none of the above. The other choices are all LEAKS, not LEEKS! Leeks are mild-flavored veggies related to onions that are often used to flavor soups, but can also be enjoyed sliced and sauteed!

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



Monday, March 11

Breakfast

Cinnamon Roll
Choice of Fruit & or Fruit Juice
Milk Choice

Lunch

Oven Fried Chicken w Gravy & Bread Stick
W.G. Corn Dog
Fluffy Whipped Potatoes
Fresh Broccoli Florets

Tuesday, March 12

Breakfast

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

Lunch

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

Wednesday, March 13

Breakfast

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

Lunch

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

Thursday, March 14

Breakfast

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

Lunch

Mandarin Chicken over Rice w W.G. Dinner Roll
Stir Fry Veggies
Fresh Red Pepper Strips

Friday, March 15

Breakfast

Pancake & Sausage on a stick
Choice of Fruit & or Fruit Juice
Milk Choice

Lunch

Stuffed Crust Pizza
Hot Dog Croissant
Garden Salad w Light Dressing
Three Bean Salad

Monday, March 18

Breakfast

Blueberry Muffin Top
Choice of Fruit & or Fruit Juice
Milk Choice

Lunch

Hot Ham & Cheese on a Pretzel Bun
W.G. Corn Dog
Golden Kernel Corn
Whole Baby Peeled Carrots

Tuesday, March 19

Breakfast

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

Lunch

Chicken & Biscuit
Juicy Tyson Chicken Patty
Fluffy Whipped Potatoes
Fresh Broccoli Florets

Wednesday, March 20

Breakfast

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

Lunch

Rotini Pasta w Meat Sauce & Garlic Bread Stick
Chicken Fries w Bread Stick
Garden Salad w Light Dressing
Chick Pea Salad

Thursday, March 21

Breakfast

Honey bun
Choice of Fruit & or Fruit Juice
Milk Choice

Lunch

Sweet Chili Style Chicken over Rice w W.G. Dinner Roll
Steamed Broccoli
Fresh Celery Sticks

Friday, March 22

Breakfast

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

Lunch

Homestyle Mozzarella Bread Sticks w Side of Marinara Sauce
Crispy Fish Sticks
Creamy Cole Slaw
Sliced Beets

Monday, March 25

Breakfast

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

Lunch

French Toast Sticks w Warm Syrup & Ember Farms Sausage Link
W.G. Corn Dog
Baked Hash Browns
Fresh Celery Sticks

Tuesday, March 26

Breakfast

Apple Frudel
Choice of Fruit & or Fruit Juice
Milk Choice

Lunch

Italian Combo Platter w Garlic Bread stick
Juicy Tyson Chicken Patty
Garden Salad w Light Dressing
Fresh Broccoli Florets

Wednesday, March 27

Breakfast

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

Lunch

Beef & Cheese Nachos Grande
Salsa & Sour Cream w W.G. Dinner Roll
Chicken Fries w Bread Stick
Refried Beans
Baby Whole Peeled Carrots

Thursday, March 28

Breakfast

Banana Choc Chip Benefit Bar
Choice of Fruit & or Fruit Juice
Milk Choice

Lunch

Popcorn Chicken Mashed Potato Corn Cheese & Gravy Bowl w W.G. Dinner Roll
Fresh Italian Hoagie
Golden Kernel Corn
Sliced Beets

Friday, March 29

Breakfast

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

Lunch

Stuffed Crust Pizza
Cheeseburger on Bun
Garden Salad with Light Dressing
Seasoned Peas