

# Menus for March 2018

**Homer-Center  
High School**

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

## EGG-CELLENT.



Ah, the humble, wonderful egg! Just 75 or so calories, but with seven grams of high-quality protein, plus iron, vitamins, minerals, and other disease fighting nutrients. Versatile for cooking. Inexpensive. Readily available. Perhaps the perfect food - for breakfast, or any time!

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

**Thursday, March 1**

**Breakfast**

Sausage Breakfast Pizza  
Peaches

**Lunch**

Oven Roasted Turkey  
Whipped Potatoes  
Seasoned Green Beans  
Dinner Roll  
Fresh Apple  
Mixed Fruit

**Alternate Entrees**

Chicken Filet w/wo Bun  
Pizza, PBJ or Chef Salad

**Friday, March 2**

**Breakfast**

Breakfast Donut  
Pears

**Lunch**

Toasted Cheese Sandwich  
Creamy Tomato Soup  
Gold Fish Crackers  
Seasoned Sweet Peas  
Pineapple Tidbits  
Diced Peaches

**Alternate Entrees**

Chicken Filet w/wo Bun  
Pizza, PBJ or Chef Salad

### AVAILABLE DAILY

**Breakfast**

Alternate Entrees: assort cold cereals, cereal bars & yogurt

Daily juice choices:

orange, apple & grape

At breakfast...students MUST choose a fruit and two other menu items to qualify as a meal. Additional items chosen above the four item limit will be charged ala carte.

**Lunch**

At lunch...students MUST choose a fruit or vegetable and two other menu items to qualify as a meal. Additional items chosen above the five item limit will be charged ala carte.

Daily milk choices: 1% white,

**Monday, March 5**

**Breakfast**

Pancake & Sausage Stick  
Mixed Fruit

**Lunch**

Popcorn Chicken Bites  
Seasoned Corn  
Hobo Beans  
Mandarin Oranges  
Chilled Applesauce  
Mini Rice Krispie Treat

**Alternate Entrees**

Chicken Filet w/wo Bun  
Pizza, PBJ or Chef Salad

**Tuesday, March 6**

**Breakfast**

Pop Tart w/wo Hash Brown  
Pineapple Tidbits

**Lunch**

Jumbo Waffles  
Sausage Links  
Roasted Potatoes  
Assorted Fruit Juice  
Chilled Pears

**Alternate Entrees**

Chicken Filet w/wo Bun  
Pizza, PBJ or Chef Salad

**Wednesday, March 7**

**Breakfast**

Bacon & Cheese Bagel  
Mandarin Oranges

**Lunch**

Steak Hoagie  
w/wo Peppers & Onions  
Cheesy Potatoes  
Fresh Veggie Cup  
Pineapple Tidbits  
Mixed Fruit

**Alternate Entrees**

Chicken Filet w/wo Bun  
Pizza, PBJ or Chef Salad

**Thursday, March 8**

**Breakfast**

Sausage Breakfast Pizza  
Applesauce

**Lunch**

Boneless Chicken Wings  
Broccoli w/wo Cheese Sauce  
Dinner Roll  
Mandarin Oranges  
Strawberry Cup  
Candy Cookie

**Alternate Entrees**

Chicken Filet w/wo Bun  
Pizza, PBJ or Chef Salad

**Friday, March 9**

**Breakfast**

Cinnamon Crumb Cake  
Peaches

**Lunch**

Shrimp Poppers w/wo  
String Cheese Stick  
Seasoned Green Beans  
Sweet Potato Coins  
Dinner Roll  
Chilled Pears/Mixed Fruit

**Alternate Entrees**

Chicken Filet w/wo Bun  
Pizza, PBJ or Chef Salad

**GO FOR THE WHOLE!**

Want the whole truth?  
Choose bagels and other bread products that are made with whole grains. They're healthiest by a mile!

**Make the healthy,  
economical choice!**

**Breakfast**

**Lunch**

**\$1.35 \$2.65**

Get in touch with us today to learn more about free and reduced-price meals in our district:  
724-479-3601, Ext. 1144



Don't forget to set your clocks forward one hour on Sunday, March 11!