

# Menus for March 2025

This institution is an equal opportunity

## Available Daily

Grab n Go Salad & Hoagie Meals, Smart Snacks Asst.  
Drinks Daily

**Monday's** Primo Four Cheese Pizza or Cheeseburger  
or Oven Breaded Chicken Breast

**Tuesday's** Homestyle Pizza or Deluxe Chicken  
Sandwich or Hot Italian Hoagie

**Wednesday's** Homestyle Mozzarella Bread Sticks Or  
Cheeseburger or Cobb Salad

**Thursday's** Specialty Pizza, Cheeseburger

**Friday's** Deluxe Chicken or Spicy Chicken Sandwich  
or Italian or Hot Roast Beef & Cheddar Hoagie

**Daily Fruit Choices may include:** Apples, Oranges,  
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 Salad Cup. 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  
Peppers from Yarnick's farm. Our milk is from cows not  
treated with the growth hormone RBST, Skim, 1%  
white, 1% Chocolate, 1% Vanilla

## Featured Specials of the Day

### Monday, March 3

Buffalo Chicken with Corn Tortilla Chips  
Salsa w W.G Dinner Roll Refried Beans &  
Fresh Veggies & Fruit Choices

### Tuesday, March 4

Chicken & Biscuit w Gravy  
Fluffy Whipped Potatoes  
Fresh Veggies & Fruit Choices

### Wednesday, March 5

Creamy Macaroni & Cheese w Side of Shrimp  
Poppers W.G. Dinner Roll Seasoned  
Mixed Vegetables, Fresh Veggies & Fruit Choices

### Thursday, March 6

Savory Pizza-burgers w Tender Green Beans  
Fresh Veggies Fruit Choices

### Friday, March 7

Fish Sandwich w Shrimp Poppers  
Deluxe or Spicy Chicken Sandwich Fruit Choices  
Seasoned Mixed Vegetables & Fresh Veggies  
Fruit Choices.

## FROZEN FOOD SECTION



**Polar bears are the biggest  
bears in the world -- a big male  
may weigh a ton or more! To  
keep that weight on in a harsh  
climate, polar bears will eat  
just about anything, but by far  
their favorite meals are  
ringed and bearded seals.**

ANIMAL APPETITES

## START FRESH WITH FRUIT!

Every complete  
Breakfast@School  
must include  
a serving of  
fruit. That's  
putting FIRST  
THINGS FIRST!



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

## Featured Specials of the Day

### Monday, March 10

Swedish Meatballs over Buttered Noodles  
w Garlic Bread Stick Glazed Carrots &  
Fresh Veggies & Fruit Choices

### Tuesday, March 11

Two Grilled Hot Dogs Sour Kraut  
& Cheese Sauce Homemade Baked Beans  
Fresh Veggies & Fruit Choices

### Wednesday, March 12

Rotini Pasta w Meat Sauce,  
Garlic Bread Stick Garden Salad w lite  
Dressing, Fresh Veggies & Fruit Choices

### Thursday, March 13

Italian Combo Platter w Garlic Bread Stick  
Tender Gr. Beans & Fresh Veggies  
Fruit Choices

### Friday, March 14

Buffalo Chicken or Primo Pizza, Fish Sandwich  
Deluxe or Spicy Chicken Sandwich w  
Seasoned Mixed Vegetables & Fresh Veggies  
Fruit Choices



## Get out your Ghillies!

Traditional Irish dancers wear colorful outfits and either hard dance shoes ("jig shoes") or soft dance shoes ("ghillies").



March 17 ~ St. Patrick's Day

## Featured Specials of the Day

### Monday, March 17

Loaded Baked Potato w Chili, Cheese Sauce  
Bacon & Broccoli Fresh Veggies  
Fruit Choices

### Tuesday, March 18

French Toast Slices w Syrup w Ember Farms  
Sausage Link Baked Hash Browns  
Fresh Veggies & Fruit Choices

### Wellness Wednesday, March 19

Farm to Table Local Beef w Carrots  
Onions, Celery & Fluffy Whipped Potatoes  
W Golden Light Biscuit & Fresh Veggies  
& FABULOUS FRUIT BAR

### Thursday, March 20

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

### Friday, March 21

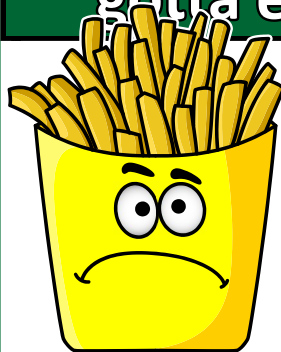
Stuffed Chicken Breast w Cheeses & Ham  
w Garlic Bread Stick Fluffy Mashed Potatoes  
Fish Sandwich & Fresh Veggies & Fruit Choices

Please see the other page

# eatfit

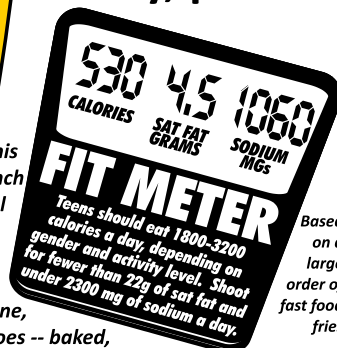
wanna stay fit?

gotta eat right!



**item:**  
french fries  
**verdict:**  
rarely, please

**tip:** Sorry to break this to you, but deep-fried french fries have very little actual nutritional value. You should really only eat them once in awhile, and if you never ate another one, you'd be OK. Now, potatoes -- baked, mashed, oven-"fried" -- can be a nutritious part of your regular vegetable rotation. But deep-fried french fries, not so much.



## Featured Specials of the Day

### Monday, March 24

Chicken Tiki Masala w Rice & Naan Bread  
Seasoned Mixed Vegetables  
Fresh Veggies & Fruit Choices

### Tuesday, March 25

BBQ Bacon Chicken Quesadilla Sandwich  
Golden Corn & Fresh Veggies  
& Fruit Choices

### Wednesday, March 26

Two Crunchy Tacos w Cheese, Salsa,  
Shredded Lettuce Sour Cream Refried Beans  
Fresh Veggies & Fruit Choices

### Thursday, March 27

Popcorn Chicken Mashed Potato Cheese  
& Gravy Bowl W.G. Dinner Roll Golden  
Kernel Corn & Fresh Veggies & Fruit Choices

### Friday, March 28

Vegetable & Chicken Egg Rolls Rice  
Duck Sauce Fish Sandwich Chicken or  
Spicy Chicken Sandwich Tender Green Beans  
Fresh Veggies & Fruit Choice

### Monday, March 31

Stacked Pulled Pork Sandwich  
Oven French Fries Fresh Veggies  
Fruit Choices



## Top Selling Albums of 2024

- 1/Taylor Swift *The Tortured Poets Department*
- 2/Morgan Wallen *One Thing at a Time*
- 3/Sabina Carpenter *Short N' Sweet*
- 4/Noah Kahan *Stick Season*
- 5/Billie Eilish *Hit Me Hard and Soft*
- 6/Morgan Wallen *Double Album*
- 7/SZA *Loos*
- 8/Chappell Roan *The Rise and Fall of a Midwest Princess*
- 9/Zach Bryan *Future & Metro Boomin*
- 10/Zach Bryan *We Don't Trust You*

Source:  
USA Today