

BALD EAGLE AREA MS/HS MENU

Menus for January 2024

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

AVAILABLE DAILY

Milk Choice:

Fat Free Reduced White & Chocolate

PBJ Sandwich

Grab N' Go Salad– Varies Weekly

Featured Deli Hoagie - Varies Weekly

Breakfast Includes:

2 Featured Option Daily

**Grain Item, 1/2 Cup Fruit, Fruit Juice
Milk**

****Students must select a fruit and/or fruit
juice to qualify for a free breakfast.**

Laura Frye, Food Service Director
Laura.frye@beasd.net or 814.355.4868 ext 1143

Featured Specials of the Day

Happy New Year!

Welcome Back!
We hope
you enjoyed
your break!

Wednesday, January 3

Chicken & Cheese Quesadilla
Steamed Rice Peas & Carrots
Veggie & Fruit Juice Fruit Choice

Thursday, January 4

Chicken Tenders & Dinner Roll
Potato and Cheese Pierogies
Fresh Veggie Choice Fruit Choice

Friday, January 5

BBQ Rib Sandwich
Fry Day
Fresh Veggie Choice Fruit Choice

Monday, January 8

Chicken Alfredo Pasta & Garlic Breadstick
Steamy Broccoli
Fresh Veggie Choice Fruit Choice

Tuesday, January 9

Cheese Steak Hoagie
Garlic Buttered Noodles Mixed Vegetables
Fresh Veggie Choice Fruit Choice

Wednesday, January 10

Beef & Cheese Nachos Grande Black Bean & Corn Salsa
Fresh Veggie Choice Fruit Choice
Fruit Churro

Thursday, January 11

Bacon Cheeseburger on Bun
Thursday Fry Day
Fresh Veggie Choice Fruit Choice

Friday, January 12

Big Daddy Pizza
Steamy Broccoli
Fresh Veggie Choice Fruit Choice

DON'T LET THIS HAPPEN TO YOU!!!



ONE DAY IN JANUARY, THE
REALITY HIT TRISHA LIKE A
STRAIGHT SHOT OF HABANERO
PEPPER SAUCE: SHE WAS
GRADUATING IN JUNE!
**SHE'D NEVER TASTE
MRS. ESTRADA'S
CHILI AGAIN!**

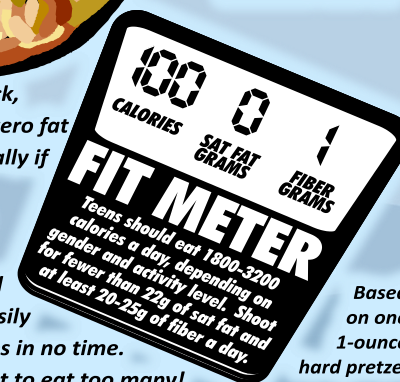
eatfit

**wanna stay fit?
gotta eat right!**



item:
pretzels
verdict:
twisted

tip: A twisted snack,
indeed. Pretzels have zero fat
and some fiber (especially if
you eat whole-grain
versions). But they're
loaded with salt and,
once you get your hand
in that bag, you can easily
eat 500 or more calories in no time.
So be aware and try not to eat too many!



Make a Resolution To Save

Join us every day for convenient, economical, healthy meals!

Breakfast FREE Lunch \$2.75

Learn more about free and reduced-price meals in our district:
814.355.5721 douglas.dyke@beasd.net

PLEASE SEE OTHER PAGE FOR
ITEMS AVAILABLE DAILY

Featured Specials of the Day

Monday, January 22

**NO SCHOOL FOR STUDENTS
ASSESSMENT DAY**

Tuesday, January 23

Chicken Tenders & Dinner Roll
Potato & Cheese Pierogies
Veggie & Fruit Juice Fruit Choice

Wednesday, January 24

Walking Taco
Steamed Rice Corn & Bean Salsa
Fresh Veggie Choice Fruit Choice

Thursday, January 25

Pulled Pork Sandwich
Thursday Fry Day
Fresh Veggie Choice Fruit Choice

Friday, January 26

Big Daddy Pizza
Steamy Broccoli
Fresh Veggie Choice Fruit Choice

Monday, January 29

Breakfast for Lunch
Sausage & French Toast
Hash Brown Potato
Veggie & Fruit Juice Fruit Choice

Tuesday, January 30

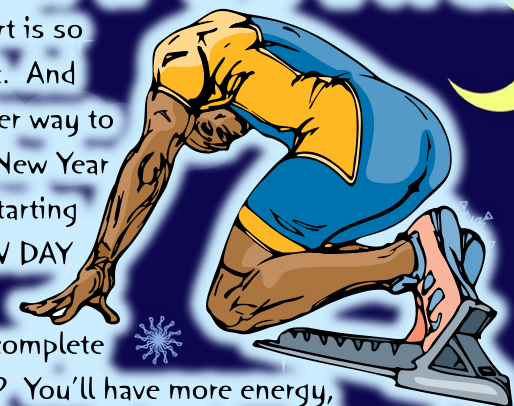
Italian Wedge Panini
Potato Wedges
Fresh Veggie Choice Fruit Choice

Wednesday, January 31

Cook's Choice Entrée
Cook's Choice Potato
Fresh Veggie Choice Fruit Choice

GREAT STARTS.

A fast start is so important. And what better way to start the New Year than by starting each NEW DAY with a healthy, complete breakfast? You'll have more energy, be more alert, and feel full through the morning!



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

If Mom misses the bag, let her use it on the weekend!

Tell Mom to chill -- we've got you covered during the week, with tasty, nutritious meals that are here for you every school day. Tell her that studies show it actually costs more on average to make lunch than to buy lunch at school. In fact, with the cost of feeding a family these days, our meals are a bigger bargain than ever. And if Mom's feeling guilty about that 500 pack of brown paper bags she bought, let her pack you a lunch on the weekend!



Featured Specials of the Day

Monday, January 15

**NO SCHOOL FOR STUDENTS
ACT 80 DAY**

Tuesday, January 16

Asian Inspired Chicken
Steamed Rice Steamy Broccoli
Veggie & Fruit Juice Fruit Choice

Wednesday, January 17

Ham & Cheese on Pretzel Roll
Baked Beans
Fresh Veggie Choice Fruit Choice

Thursday, January 18

Roast Turkey Mashed Potato Bowl & Roll
Golden Corn Niblets
Fresh Veggie Choice Fruit Choice

Friday, January 19

Homestyle Breaded or Spicy Chicken Filet Sandwich
Fry Day
Fresh Veggie Choice Fruit Choice