

## BEA MS/HS MENU

# Menus for February 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 Sandwich– Varies Weekly**

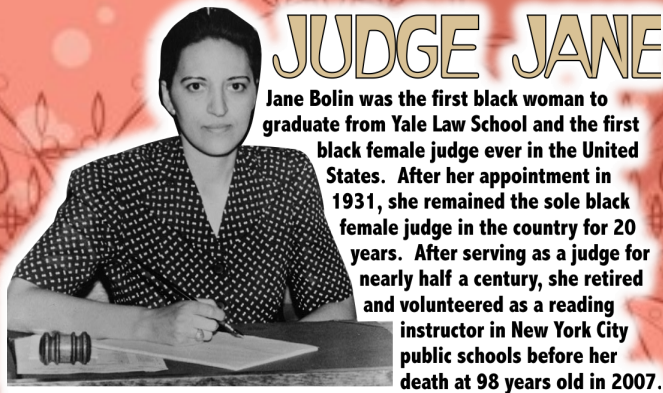
### **Breakfast Includes:**

**2 Featured Options 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**



## JUDGE JANE

Jane Bolin was the first black woman to graduate from Yale Law School and the first black female judge ever in the United States. After her appointment in 1931, she remained the sole black female judge in the country for 20 years. After serving as a judge for nearly half a century, she retired and volunteered as a reading instructor in New York City public schools before her death at 98 years old in 2007.

## AFRICAN AMERICAN HISTORY MONTH

### Featured Specials of the Day

#### **Thursday, February 1**

Mac N Cheese Topper Bowl w/ choice of sauce  
Popcorn Chicken & Dinner Roll  
Macaroni & Cheese Mixed Vegetables  
Fresh Veggie Choice Fruit Choice

#### **Friday, February 2**

BBQ Rib Sandwich  
Fry Day  
Fresh Veggie Choice Fruit Choice

#### **Monday, February 5**

Fajita Chicken Wrap  
Steamed Rice Mixed Vegetables  
Fresh Veggie Choice Fruit Choice

#### **Tuesday, February 6**

Cheesesteak Hoagie  
Garlic Butter Noodles Peas & Carrots  
Fresh Veggie Choice Fruit Choice

#### **Wednesday, February 7**

Double Dog Day  
Potato & Cheese Pierogies  
Fresh Veggie Choice Fruit Choice

#### **Thursday, February 8**

Spaghetti & Meat sauce w/ Garlic Breadstick  
Green Beans  
Fresh Veggie Choice Fruit Choice

#### **Friday, February 9**

Flat Bread Pizza  
Fry Day  
Fresh Veggie Choice Fruit Choice

# MOOOch!



Every complete meal we serve comes with your choice of milk!



The Chinese New Year begins with the new moon on February 10, 2024 is the Year of the Dragon.

## COMIN' RIGHT AT YOU



## SUPER BOWL PARTY

Featuring Great Food, Prizes, & Lots of Excitement!

**FRIDAY,  
FEBRUARY 2nd**

# eatfit

wanna stay fit?  
gotta eat right!



**item:** hot peppers **verdict:** FIRE!!!

**tip:** Turns out that setting your mouth ablaze can be good for you. Hot chili peppers like habañeros, scotch bonnets, and jalapeños contain a substance called "capsaicin" that is a powerful pain reliever and that also helps curb the appetite, speed up metabolism, and burn up to 100 extra calories. The hotter the pepper the more capsaicin, so go on -- feel the burn!



## Featured Specials of the Day

### Monday, February 12

Beef & Cheese Nachos Grande  
Golden Corn Niblets  
Fresh Veggie Choice Fruit Choice  
Fruit Churro

### Tuesday, February 13

Pulled Pork Sandwich  
Potato Wedges  
Fresh Veggie Choice Fruit Choice

### Wednesday, February 14

**We Luv Our Students & Staff**

Texas Toasted Cheese Sandwich  
Tomato Soup Fresh Veggie Choice  
Fruit Choice Frozen Treat  
Lent—Ash Wednesday

### Thursday, February 15

Big Daddy Pizza  
Peas & Carrots  
Fresh Veggie Choice Fruit Choice

### Friday, February 16

ACT 80 DAY  
NO SCHOOL FOR STUDENTS

Please see the other page  
for items available daily

HAPPY  
VALENTINE'S DAY!  
FEBRUARY 14

#1 BY THE NUMBERS  
TEACHERS RECEIVE MORE VALENTINES  
THAN ANYONE ELSE, FOLLOWED BY  
CHILDREN, MOTHERS, WIVES, AND PETS!

## Featured Specials of the Day

### Monday, February 19

(Tentative Snow Make Up Day)

**NO SCHOOL**

### Tuesday, February 20

Asian Inspired Chicken & Rice w/ Egg Roll  
Steamy Broccoli  
Veggie & Fruit Juice Fruit Choice

### Wednesday, February 21

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

### Thursday, February 22

Deluxe Chicken Filet Sandwich  
Thursday Fry Day  
Fresh Veggie Choice Fruit Choice

### Friday, February 23

Cheesy Ravioli & Garlic Breadsticks  
Green Beans Fresh Veggie Choice  
Fruit Choice Frozen Sidekicks Treat  
LENT

### Monday, February 26

Chicken & Cheese Quesadilla  
Steamed Rice Mixed Vegetables  
Fresh Veggie Choice Fruit Choice

### Tuesday, February 27

Hot Ham & Cheese on Pretzel Bun  
Homestyle Chicken Noodle Soup & Crackers  
Carrot Coins

Fresh Veggie Choice Fruit Choice

### Wednesday, February 28

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

### Thursday, February 29

Mac N Cheese Topper Bowl w/ choice of sauce  
Popcorn Chicken & Biscuit  
Macaroni & Cheese Green Beans  
Fresh Veggie Choice Fruit Choice