Menus for March 2024

BEA MS/HS MENU

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 juice to qualify for a free breakfast.***

Laura Frye, Food Service Director
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Featured Specials of the Day

Friday, March 1
Big Daddy Pizza
Steamy Broccoli
Fresh Veggie Choice Fruit Choice

Monday, March 4
Breakfast for Lunch
Sausage & French Toast
Hashbrown Potato
Veggie & Fruit Juice Fruit Choice

Tuesday, March 5
Double Dog Day
Potato & Cheese Pierogies
Fresh Veggie Choice Fruit Choice

Wednesday, March 6
Homestyle Breaded Chicken Tenders & Roll
Garlic Butter Noodles Peas & Carrots
Fresh Veggie Choice Fruit Choice

Thursday, March 7
Spaghetti & Meat sauce w/ Garlic Bread
Green Beans
Fresh Veggie Choice Fruit Choice

Friday, March 8
Crunchy Fish Sandwich
Fry Day
Fresh Veggie Choice Fruit Choice

TRY BREAKFAST@SCHOOL!

If you're like a lot of teens, eating a healthy breakfast while you're rushing to get out the door in the morning can be a real hassle. This month, we're celebrating National School Breakfast Week, March 3-7 -- which makes this a great time to give hassle-free Breakfast@School a try!

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

54 BY THE NUMBERS
PERCENTAGE OF TEENS WHO REPORT BEING AFRAID OF TRYING OUT OR AUDITIONING

SWEET TOOTH

The Honey Badger of Africa and Asia is really closer to a weasel than a true badger, but one thing about its name is definitely true: the honey badger loves honey and will avidly seek out beehives to get at it. Of course, the honey badger will also eat pretty much anything it finds -- rodents, frogs, snakes, insects, turtles, birds, lizards, eggs, vegetables, and whatever else it comes across. They've even been known to chase away young lions and steal their kills. Guess the honey badger really doesn't care!

ANIMAL APPETITES

eat fit

wanna stay fit? gotta eat right!

item: Baked Potato

verdict: Crown with care!

tip: *The simple baked spud is a veritable king of healthy eating . . . UNLESS you're one of those people who consider a baked potato to be nature's perfect excuse to melt and consume gobs of butter, cheese, and sour cream. Remember: potato, no fat -- sour cream and cheese, lots of fat -- butter, all fat! Try just a little butter or a small dollop of sour cream with fresh green onions and steamed broccoli instead to keep this versatile veggie delicious and healthy!*

CALORIES	SAT FAT GRAMS	FIBER GRAMS
164	0	4.7

FIT METER

Teens should eat 1800-3200 calories a day, depending on gender and activity level. Shoot for fewer than 22g of sat fat and at least 20-25g of fiber a day.

Based on one medium potato before toppings

Please see the other page for items available daily

Featured Specials of the Day

Monday, March 11
Cheesesteak Hoagie
Potato Wedges
Fresh Fruit Choice Fruit Choice

Tuesday, March 12
Popcorn Chicken & Biscuit
Cheesy Scalloped Potatoes
Fresh Veggie Choice Fruit Choice

Wednesday, March 13
Cheesy Ravioli & Garlic Breadstick
Green Beans
Fresh Veggie Choice Fruit Choice

Thursday, March 14
BBQ Pulled Pork Sandwich
Thursday Fry Day
Fresh Veggie Choice Fruit Choice

Friday, March 15
Big Daddy Pizza
Steamy Broccoli
Fresh Veggie Choice Fruit Choice

Featured Specials of the Day

Monday, March 18
Asian Inspired Chicken & Rice w/ Egg Roll
Steamy Broccoli
Fresh Veggie Choice Fruit Choice

Tuesday, March 19
Ham & Cheese on Pretzel Roll
Tater Tots
Fresh Veggie Choice Fruit Choice

Wednesday, March 20
Beef & Cheese Walking Taco
Golden Corn Niblets Fresh Veggie Choice
Fruit Choice Fruit Churro

Thursday, March 21
Chicken Alfredo Pasta & Garlic Breadstick
Steamy Broccoli
Fresh Veggie Choice Fruit Choice

Friday, March 22
Crunchy Fish Sandwich
Fry Day
Fresh Veggie Choice Fruit Choice

Featured Specials of the Day

Monday, March 25
Homestyle or Spicy Chicken Filet Sandwich
Variety Potatoes
Fresh Veggie Choice Fruit Choice

Tuesday, March 26
Cook's Choice Entrée
Cook's Choice Vegetable
Fresh Veggie Choice Fruit Choice

Wednesday, March 27
Bacon Cheeseburger on Bun
Wednesday Fry Day Baked Beans
Fruit Choice

Thursday, March 28
NO SCHOOL
FOR STUDENTS
ASSESSMENT DAY

Friday, March 29
NO SCHOOL
VACATION DAY

THE A LIST

Top 10 Artists for all of 2023

1/Taylor Swift
2/Morgan Wallen
3/SZA
4/Drake
5/Luke Combs
6/Zach Bryan
7/The Weeknd
8/21 Savage
9/Miley Cyrus
10/Post Malone

Source: Billboard