

## BEA Elementary Menu

# MENUS FOR MARCH 2024

This institution is an equal  
opportunity provider  
and employer.



# Kids!

Join us March 4-8  
for  
National School  
Breakfast Week  
2024!

## We're still a bargain!

**Breakfast**

**Lunch**

**FREE \$2.50**

Get in touch with us today to learn more about  
free and reduced-price meals in our district:  
814.355.5721 or [douglas.dyke@beasd.net](mailto:douglas.dyke@beasd.net)

## FIRST THINGS FIRST!

This year, we've been telling you a lot about the  
educational and health benefits of eating a  
nutritious breakfast. Remember: kids can't do their  
best unless they're well fed in the morning!



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

Friday, March 1

**Breakfast**  
Cinni-Mini

**Lunch**

1. Cheesy Mozz Breadsticks & Sauce
2. Warm Cheese Pretzel
3. Chef's Salad & Roll

Peas & Carrots  
Fresh Veggie Choice  
Fruit Choice  
LENT

**AVAILABLE DAILY**  
**Breakfast:**

**Featured Item—Varies Daily**  
**Grain Item—Scooby Grahams, Goldfish, Cheezits**  
**Fruit—1/2 cup, Fruit Juice**  
**Milk**

**\* Students must select a fruit and/or juice to qualify as a FREE Breakfast.**

Monday, March 4

**Breakfast**

Fruit Muffin & String Cheese

**Lunch**

1. Chicken & Cheese Quesadilla
2. Sunbutter & Jelly Sandwich w/ String Cheese
3. Chef's Salad & Roll

Steamed Rice  
Golden Corn Niblets  
Fresh Veggie Choice  
Fruit Choice

Tuesday, March 5

**Breakfast**

Yogurt & Nutri Grain Bar

**Lunch**

1. Cheesesteak Mini-Sub
2. Sunbutter & Jelly Sandwich w/ String Cheese
3. Chef's Salad & Roll

Buttered Noodles  
Carrots Coins  
Fresh Veggie Choice  
Fruit Choice

Wednesday, March 6

**Breakfast**

Pancake Pack

**Lunch**

1. Hot Ham & Cheese on Pretzel Roll
2. Sunbutter & Jelly Sandwich w/ String Cheese
3. Chef's Salad & Roll

Potato Wedges  
Fresh Veggie Choice  
Fruit Choice

Thursday, March 7

**Breakfast**

Oatmeal Benefit Bar

**Lunch**

1. Popcorn Chicken & Roll
2. Sunbutter & Jelly Sandwich w/ String Cheese
3. Chef's Salad & Roll

Cheesy Scalloped Potatoes  
Fresh Veggie Choice  
Fruit Choice

Friday, March 8

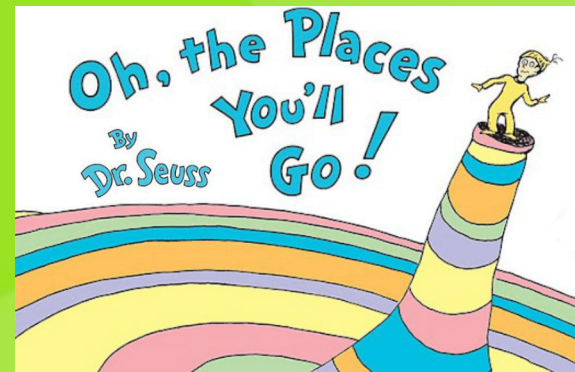
**Breakfast**

Cinni-Mini

**Lunch**

1. Cheese Pizza
2. Sunbutter & Jelly Sandwich w/ String Cheese
3. Chef's Salad & Roll

Steamy Broccoli  
Fresh Veggie Choice  
Fruit Choice  
LENT



March 2-6 is  
"Read Across America" Week

Monday, March 11

**Breakfast**

Fruit Muffin & String Cheese

**Lunch**

1. Homestyle Breaded Chicken Sandwich
2. Pizza Munchable
3. Chef's Salad & Roll

Mixed Vegetables  
Fresh Veggie Choice  
Fruit Choice

Tuesday, March 12

**Breakfast**

Cinnamon Roll

**Lunch**

1. Meatball Mini-Sub
2. Pizza Munchable
3. Chef's Salad & Roll

Potato Smiles  
Fresh Veggie Choice  
Fruit Choice

Wednesday, March 13

**Breakfast**

Fruit Strudel

**Lunch**

1. Chicken Ranch Wrap
2. Pizza Munchable
3. Chef's Salad & Roll

Cheesy Cauliflower  
Fresh Veggie Choice  
Fruit Choice

Thursday, March 14

**Breakfast**

Yogurt & Cinnamon Grahams

**Lunch**

1. Cheesy Mini-Ravioli & Breadstick
2. Pizza Munchable
3. Chef's Salad & Roll

Tasty Green Beans  
Veggie Choice  
Fruit Choice

Friday, March 15

**Breakfast**

Cinni-Mini

**Lunch**

1. Crunchy Fish Nuggets & Roll
2. Pizza Munchable
3. Chef's Salad & Roll

Potato Wedges  
Fresh Veggie Choice  
Fruit Choice  
LENT



**What did the Teddy Bear say when he was offered dessert?**



**"No, thanks. I'm stuffed!"** Actually, that's not a bad answer for a real kid, too. Foods that are mainly sugar, fat, or oil -- like candy and desserts -- are fine in small portions and once in awhile. But they should not replace healthy foods in your diet and they should not be an every day choice!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, March 18

**Breakfast**

Fruit Muffin & String Cheese

**Lunch**

1. Cheeseburger on Bun
2. Warm Cheese Pretzel
3. Chef's Salad & Roll

Baked Beans  
Fresh Veggie Choice  
Fruit Choice

Tuesday, March 19

**Breakfast**

Breakfast Bread

**Lunch**

1. Mini-Turkey Corndogs
2. Warm Cheese Pretzel
3. Chef's Salad & Roll

Macaroni & Cheese  
Broccoli Florets  
Veggie & Fruit Juice  
Fruit Choice

Wednesday, March 20

**Breakfast**

French Toast Pack

**Lunch**

1. Beef & Cheese Walking Taco
2. Warm Cheese Pretzel
3. Chef's Salad & Roll

Golden Corn Niblets  
Fresh Veggie Choice  
Fruit Choice

Thursday, March 21

**Breakfast**

Yogurt & Nurti Grain Bar

**Lunch**

1. Chicken Tenders & Roll
2. Warm Cheese Pretzel
3. Chef's Salad & Roll

Mashed Potatoes & Gravy  
Fresh Veggie Choice  
Fruit Choice

Friday, March 22

**Breakfast**

Cinni-Mini

**Lunch**

1. Cheesy Mozz Bread Sticks & Sauce
2. Warm Cheese Pretzel
3. Chef's Salad & Roll

Peas & Carrots  
Fresh Veggie Choice  
Fruit Choice  
LENT

Monday, March 25

**Breakfast**

Fruit Muffin & String Cheese

**Lunch**

1. Chicken & Cheese Fajita Wrap
2. SunButter & Jelly Sandwich & String Cheese
3. Chef's Salad & Roll

Steamed Rice  
Mixed Vegetables  
Fresh Veggie Choice  
Fruit Choice

Tuesday, March 26

**Breakfast**

Yogurt & Cinnamon Grahams

**Lunch**

1. Cook's Choice Entree
2. Sunbutter & Jelly Sandwich & String Cheese
3. Chef's Salad & Roll

Cook's Choice Potato  
Fresh Veggie Choice  
Fruit Choice

Wednesday, March 27

**Breakfast**

Cook's Choice Breakfast

**Lunch**

1. Deli Meat & Cheese Sandwich
2. Sunbutter & Jelly Sandwich & String Cheese
3. Chef's Salad & Roll

Baby Carrots  
Veggie & Fruit Choice  
Apple/Chips

Thursday, March 28



**No School Today**

Friday, March 29



**No School Today**

**Brain Ticklers**



What instrument does a boastful Irish musician play on St. Patrick's Day?

(Hold the page upside down and read it in a mirror for the answer!)  
The "dreg" bibber!