

Menus for March 2023



Bloomsburg Secondary Menu

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



YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

Wednesday, March 1

Breakfast
Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Pancakes with Syrup

Lunch
Oven Baked Chicken with Roll
Hamburger/ Cheeseburger
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Scalloped Potatoes/ Fresh Veggies
Fruit and Milk

Thursday, March 2

Breakfast
Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Egg, Ham and Cheese Bagel

Dr. Suess' Bday Lunch
Funnel Cake with Eggs and Ham
Fish Sandwich
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Baked Tater Tots/ Fresh Veggies
Fruit Juice and Milk

Birthday Treat!

Friday, March 3

Breakfast
Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Cinnamon Roll

Lunch
School Made Pizza (Plain or Pepperoni) with Sauce
Sloppy Joe on a Bun
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides: Zesty Baked Beans / Fresh Veggies
Fruit and Milk



BREAK AN EGG.

Hey, why do you think it's called BREAKfast? A breakfast sandwich of an egg, a slice of lean ham, and a piece of cheese on a whole-wheat English muffin, with an orange and lowfat milk, provides a delicious variety of foods, and only about 550 calories. Keeps you feeling full, too. Enjoy!

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

Monday, March 6

Breakfast
Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Sausage Gravy over Biscuit

Lunch
Chicken Nuggets with Roll
Turkey and Cheese Panini
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides: Baked French Fries/ Fresh Veggies /Fruit and Milk

Tuesday, March 7

Breakfast
Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Bagel Pizza

Taco Tuesday Lunch
Beef or Chicken Taco
With Cheese (Soft Shells or Chips) or PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides: Spanish Rice/ Refried Beans / Lettuce and Tomato
Fruit and Milk

Wednesday, March 8

Breakfast
Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Funnel Cake

Lunch
Pepperoni and Cheese Stromboli with Sauce
Hamburger/ Cheeseburger
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides: Cesar Salad /Fresh Veggies
Fruit and Milk

Thursday, March 9

Breakfast
Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Cinnamon Roll

Lunch
Popcorn Chicken Mashed Potato Bowl with Roll
Pulled Pork BBQ Sandwich
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides: Golden Corn /Fresh Veggies/ Fruit and Milk

Friday, March 10

Breakfast
Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Egg and Cheese Bagel

Brunch for Lunch
3 French Toast Sticks /2 Sausage
Egg and Cheese Croissant
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides: Tater Tots /Fresh Veggies
Fruit and Milk



However you measure time at your house, don't forget to move the clocks ahead one hour on March 12!

National School Breakfast Week—Bring Friends to Breakfast!

National School Breakfast Treat!

BARNYARD MANNERS



When a rooster finds something good to eat in the course of making his rounds, he will often call his flock over to eat first before he eats. He even has a special call to let the hens know that he has found something tasty. So the next time someone accuses you of having barnyard manners, tell them thanks!

ANIMAL APPETITES



What's on **YOUR** plate?



Get a watch with a second hand, and then time yourself to see how long it takes you to find the **FOUR-LEAF CLOVER** in the puzzle!



People can eat clover (it's actually a good source of protein), but it's hard for us to digest. So how does clover figure into our diets? Well, some of the meat we eat comes from animals that eat a lot of clover, and clover is also a favorite source of nectar that bees turn into honey. Just because we don't eat something, that doesn't mean it's not important for us!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, March 13

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
French Toast Sticks

Lunch

Corn Dog Nuggets
Chicken Cheese Steak on Roll
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Emoji Potatoes / Fresh Veggies
Fruit and Milk

Tuesday, March 14

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Breakfast Pizza

Lunch

Pasta with Meatballs and Garlic
Bread
Spicy Chicken Sandwich
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Cesar Salad / Fresh Veggies
Fruit and Milk

Wednesday, March 15

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Sausage and Cheese Muffin

Lunch

General Tso Chicken over Fried
Rice and Roll
BBQ Rib Sandwich
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides: Mixed Vegetables / Fresh
Veggies
Fruit and Milk

Thursday, March 16

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Egg and Cheese Bagel

Lunch

Turkey and Waffles
Hamburger / Cheeseburger
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Mashed Potatoes / Fresh Veggies
Baked Fruit Crisp and Milk

Friday, March 17

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Cinnamon Roll

Lunch

Creamy Macaroni and Cheese
with Broccoli and Roll
Fish Sandwich
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Stewed Tomatoes / Fresh Veggies
Green Fruited Jell-O!
Milk

Monday, March 20

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
French Toast Sticks

Lunch

Chicken Tenders with Roll
Meatball Hoagie
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides: **Baked Potato Bar** /
Fresh Veggies
Fruit and Milk

Tuesday, March 21

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Ham, Egg, Cheese Muffin

Lunch

Ham and Cheese Stromboli with
Sauce
Sloppy Joe on a Roll
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides: Golden Corn / Fresh
Veggies
Fruit and Milk

Wednesday, March 22

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Breakfast Pizza

Lunch

Chicken Parmesan with Side of
Pasta and Garlic Bread
Turkey and Cheese Croissant
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Cesar Salad / Fresh Veggies
Fruit and Milk

Thursday, March 23

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Cinnamon Roll

Lunch

Chicken Pot Pie (Chicken,
Noodles and Gravy) with Roll
Hamburger / Cheeseburger
on a Roll
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides: Mixed Vegetables / Fresh
Veggies / Fruit and Milk

Friday, March 24

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Pancakes with Sausage

Lunch

Stuffed Crust Pizza sticks with
Sauce
Tuna Melt Sandwich
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Zesty Baked Beans / Fresh
Veggies
Fruit and Milk

Monday, March 27

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Pizza Bagel

Lunch

Salisbury Steak with Roll
Spicy Chicken Sandwich
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Creamy Mashed Potatoes / Fresh
Veggies
Fruit and Milk

Tuesday, March 28

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Sausage and Cheese Muffin

Lunch

Nachos with Chili, Cheese Sauce
Salsa, Sour Cream and Corn
Bread Muffin
BBQ Pulled Pork a Bun
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Golden Corn/ Lettuce & Tomato
Fruit and Milk

Wednesday, March 29

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Funnel Cake

Lunch

Lasagna Roll up with Garlic
Bread Stick
Hot Dog on a Roll
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Caesar Salad / Fresh Veggies/
Sauerkraut
Baked Fruit Crisp and Milk

Thursday, March 30

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
Egg, Ham, Cheese Bagel

Lunch

Toasted Cheese Sandwich
Cheese Steak Hoagie
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Tomato Soup with Crackers
Fresh Veggies
Fruit and Milk

Friday, March 31

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal, Bagels,
French Toast Sticks

Lunch

Pizza Quesadillas with Salsa
Fish Sandwich
PB & J Sandwich
Salad Bar / Deli Hoagie / Wrap
Sides:
Zesty Baked Beans / Fresh
Veggies
Fruit and Milk