

Menus for March 2023

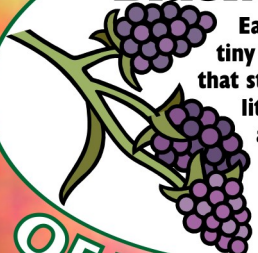


Conemaugh Township Middle / High School

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

FRUIT

Blackberries



Each blackberry is like a tiny bunch of grapes – and that structure gives this juicy little berry extra skin and added fiber, making blackberries one of the highest fiber content plant foods known.

OF THE MONTH

OUR NATION'S HISTORY



Beginning with a severe famine in the 1840's, millions of Irish people came to America seeking a better life and greater freedom. By the late 1800's, New York had a larger population of people born in Ireland than did Dublin, the Irish capital. Today, more than 30 million Americans claim Irish heritage, more than seven times the entire population of Ireland itself.

WITH LIBERTY & JUSTICE FOR ALL

Wednesday March 1

Breakfast

Breakfast Pizza

Breakfast for Lunch

Ham, Egg & Cheese Croissant
Or
Hot Dog / Chili Dog

Hashbrowns
Mixed Vegetables
Fruit

Thursday, March 2

Breakfast

Fruit Frudel

Lunch

Chicken Nuggets
Or
Chicken Fajita

Soft Pretzel
Sweet Potato Fries
Broccoli
Fruit

Friday, March 3

Breakfast

Flapsticks

Lunch

Grilled Cheese Sandwich
Or
Fish Sticks

Tomato Soup
Celery/Carrots
Fruit



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

Pancakes

Lunch

Chicken Tenders w/ Dip
Or
Pulled Pork Sliders

Pierogies
Cole Slaw
Fruit

Tuesday, March 7

Breakfast

Donut Holes

Lunch

Chicken over Biscuits
Or
Deli Sandwich

Mashed Potatoes
Peas & Carrots
Fruit

Wednesday, March 8

Breakfast

Chocolate Breakfast Loaf

Lunch

Meatball Sandwich
Or
Buffalo Chicken Flatbread

Tater Tots
Broccoli
Fruit

Thursday, March 9

Breakfast

Breakfast Sandwich

Lunch

Cheeseburger
Or
Chicken Quesadilla

French Fries
Baked Beans
Fruit

Friday, March 10

Breakfast

Dutch Waffle

Lunch

Pizza
Or
Tuna Croissant

Tossed Salad
Sweet Potatoes
Fruit



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

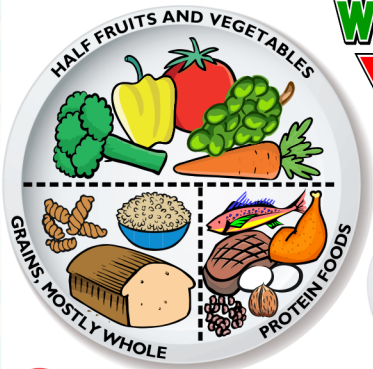
BARNYARD MANNERS



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

Donut

Lunch

Pepperoni Roll
Or
Breaded Cheese Sticks

Smiley Fries
Peas
Fruit

Tuesday, March 14

Breakfast

Breakfast Burrito

Lunch

Crispy Chicken Sandwich
Or
Ravioli w/ Roll

Oven Browned Potatoes
Baked beans
Fruit

Wednesday, March 15

Breakfast

Flapstick

Lunch

Pizza
Or
Chicken Salad Croissant

Tossed Salad
Carrots w/ Dip
Fruit

Thursday, March 16

Breakfast

Cinnamon Roll

Lunch

Soft Shell Taco
Or
Nachos Grande

Breadstick
Corn
Black Beans
Fruit

Friday, March 17

Breakfast

Assorted Scones

Lunch

Popcorn Chicken
Or
Fish Taco

Macaroni & Cheese
Stewed Tomatoes
Broccoli
Fruit

Monday, March 20

Breakfast

Breakfast Pizza

Lunch

General Tso's Chicken
Or
Deli Sandwich

Rice
Asian Vegetables
Egg Roll, Roasted Carrots
Fruit

Tuesday, March 21

Breakfast

Breakfast Sandwich

Lunch

Hamburger / Cheeseburger
Or
Corn Dog

Potato Smiles
Green beans
Fruit

Wednesday, March 22

Breakfast

Assorted Muffin

Lunch

Turkey Bacon Croissant
Or
Hot Ham & Cheese Sandwich

Curly Fries
Cauliflower
Fruit

Thursday, March 23

Breakfast

Churro

Lunch

Walking Taco
Or
Soft Shell Taco

Rice, Corn
Lettuce & Tomato
Fruit

Friday, March 24

Breakfast

French Toast

Lunch

Pierogie Pizza
Or
Fish Sticks

Tossed Salad
Celery/ Carrots
Fruit

Monday, March 27

Breakfast

Donut Holes

Lunch

Chicken Nuggets
Or
Steak Flatbread

French Fries w/ Cheese
Broccoli
Fruit

Tuesday, March 28

Breakfast

Breakfast Pizza

Lunch

Chicken Patty Sandwich
Or
Turkey Bacon Wrap

Sweet Potato Fries
Green Beans
Fruit

Wednesday, March 29

Breakfast

Bagel w/ Cream Cheese

Easter Dinner

Baked Ham
Or
Deli Sandwich

Mashed Potato
Dinner Roll
Green Beans
Fruit
Dessert

Thursday, March 30

Breakfast

Sausage & Hashbrowns

Lunch

Pasta w/ Meat Sauce
Or
Breaded Cheese Sticks

Italian Bread
Tossed Green Salad
Carrots
Fruit

Friday, March 31

Breakfast

Cinnamon Roll

Lunch

Pizza
Or
Fish Sticks

Tossed Salad
Carrot Sticks
Fruit