



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

#### Friday, March I

#### <u>Day I</u> French Bread Pizza w/ wo pepperoni or Fish Sticks/roll

California Veggie Blend
Cucumber Slices & Pepper Strips
w/Roasted Red Pepper Hummus
Choose 3 Sides: Feature Veg or
Salad, Daily Fruit, Cold Veggie
& Juice Selection
Choice of Milk

Breakfast: French Toast Sticks w/syrup

### Available Daily

<u>Daily Breakfast Options:</u>

Breakfast is FREE for All Students Daily in the

23-24 SY!

1.) Cereal—Muffin—Cinnamon Roll + Yogurt OR String Cheese

2.) Cottage Cheese Cup + Goldfish Grahams

3.) Featured Entrée on Menu

Breakfast also includes Fruit Choice and Milk

Daily Lunch Options:

1.) Featured Entrée on Menu

2.) Large Garden Salad w/ Shredded Cheese, hard boiled egg, yogurt cup, Croutons and roll

3.) PBJ/String Cheese/Cheez It Crackers
4.) Crispy Chicken Sandwich on Fresh Roll

\*Students with special dietary requests, please see our website to receive special accommodations: www.nhsd.net/menus (Special Diets)

An assortment of fruit, veggies, salads, juice and cold milk is also available daily and included with lunch.

Payments & Free/reduced apps can be completed at:



Questions? Please contact the food service office at 412-318-1053

#### Monday, March 4

# Day 2 Meatballs w/ marinara sauce, mozz cheese & Cheesy Bosco Stick Mixed Veggie Blend

Choose 3 Sides: Feature Veg or Salad, Daily Fruit, Cold Veggie & Juice Selection

Choice of Milk

Breakfast: Warm Apple Frudel

#### Tuesday, March 5

#### <u>Day 3</u> *Taco Tuesday:* Soft Beef Taco w/ lettuce, salsa & cour cream

Sweet, Buttery Corn
Warm Raspberry Churro
Fresh Broccoli Salad w/ bacon
Choose 3 Sides: Feature Veg or
Salad, Daily Fruit, Cold Veggie
& Juice Selection
Choice of Milk

Breakfast: Egg Sandwich on Bagel

#### Wednesday, March 6

### Day 4 Hot Dog on Bun w/wo cheese sauce (Veg dog available)

Tater Tots
Fresh Broccoli Salad w/ bacon
Choose 3 Sides: Feature Veg or
Salad, Daily Fruit, Cold Veggie
& Juice Selection

Choice of Milk

Breakfast: Warm Plain or Blueberry Bagel w/ toppings

#### Thursday, March 7

## <u>Day 5</u> Breakfast for Lunch: Mini Eggo Waffles w/ sausage links & syrup Hash Brown Patty & Warm

Hash Brown Patty & Warm
Apple Slices
Fresh Broccoli Salad w/ bacon
Choose 3 Sides: Feature Veg or
Salad, Daily Fruit, Cold Veggie
& Juice Selection
Choice of Milk

Breakfast: Egg Sandwich on Bagel or Croissant

#### Friday, March 8

#### <u>Day 6</u> Big Daddy's Pizza w/wo pepperoni or Shrimp Poppers/roll

Peas & Carrots Fresh Broccoli Salad w/ bacon

Choose 3 Sides: Feature Veg or Salad, Daily Fruit, Cold Veggie & Juice Selection

Choice of Milk

Breakfast: Fresh Donut



ALL STUDENTS EAT BREAKFAST@ NO COST ALL YEAR LONG

#### Monday, March II

#### Day I Teriyaki Beef Dippers w/ Rice

Asian Veggie Blend Mini Egg Roll

Choose 3 Sides: Feature Veg or Salad, Daily Fruit, Cold Veggie & Juice Selection

Choice of Milk

Breakfast: Pizza Bagel w/ sausage & cheese

#### Tuesday, March 12

#### Day 2 Pasta w/ Alfredo Sauce, **Grilled Chicken & Garlic Bread**

Steamed Broccoli Florets

Choose 3 Sides: Feature Veg or Salad, Daily Fruit, Cold Veggie & Juice Selection

Choice of Milk

Breakfast: Egg Sandwich on Bagel

#### Wednesday, March 13

#### Day 3 Hot Italian Hoagie w/ lettuce, tomato & pickles

Sweet, Buttery Corn Lay's Potato Chips Choose 3 Sides: Feature Veg or Salad, Daily Fruit, Cold Veggie & Juice Selection

Choice of Milk

Breakfast: Unicorn Yogurt Parfait

#### Thursday, March 14

#### Day 4 Crispy Chicken Tenders w/ garlic breadstick & dipping sauces

Cheesy Au Gratin Potatoes Shamrock Cookie Choose 3 Sides: Feature Veg or Salad, Daily Fruit, Cold Veggie & Juice Selection

Choice of Milk

Breakfast: Egg Sandwich on **Bagel or Croissant** 

#### Friday, March 15

#### Day 5 Pizza Crunchers w/ marinara sauce or Fish Sticks / roll

Steamed Broccoli Florets

Choose 3 Sides: Feature Veg or Salad, Daily Fruit, Cold Veggie & Juice Selection

Choice of Milk

Breakfast: French Toast Sticks w/syrup

PA Harvest of the Month -**March is National Dairy Month** Did you know?:

-It takes 10 pounds of milk to make one pound of cheese!

-The average cow produces 8 gallons of milk every day. -Yogurt provides probiotics, or good bacteria, that aides in

Try our special feature on Wed, March 13- Unicorn Parfaits!!

digestive health.

\*NHSD proudly supports our PA farmers and serves local milk!

#### Monday, March 18

#### Day 6 **Meatless Monday:** Macaroni & Cheese w/ garlic breadstick

Steamed Broccoli Florets

Choose 3 Sides: Feature Veg or Salad, Daily Fruit, Cold Veggie & Juice Selection

Choice of Milk

Breakfast: Dutch Waffle w/ syrup

#### Tuesday, March 19

#### Day I—Ist Day of Spring! **Bacon Cheeseburger or** Hamburger on Bun w/ lettuce, tomato & pickles (Impossible burger avail)

French Fries Rainhow Sherbet Fresh Veggie Pasta Salad Choose 3 Sides: Feature Veg or Salad, Daily Fruit, Cold Veggie & Juice Selection Choice of Milk Breakfast: Egg Sandwich on

#### Wednesday, March 20

#### Day 2 Pizza Hut Pizza Slice (Cheese or Pepperoni)

Green Beans Fresh Veggie Pasta Salad Chocolate or Vanilla Pudding Choose 3 Sides: Feature Veg or Salad, Daily Fruit, Cold Veggie & Juice Selection

Choice of Milk

Breakfast: Warm Plain or Blueberry Bagel w/ toppings

#### Thursday, March 21

#### Day 3 Lucky Tray Day! Popcorn Chicken Bowl: Crispy Popcorn Chicken w/ whipped potatoes, gravy, sweet corn, shredded

cheese & fresh roll Fresh Veggie Pasta Salad Choose 3 Sides: Feature Veg or Salad, Daily Fruit, Cold Veggie & Juice Selection

Choice of Milk

Breakfast: Egg Sandwich on Bagel or Croissant

#### Friday, March 22

#### Day 4 **Grilled Cheese** Sandwich on Texas Toast w/ pickles or Fish Taco w/ mango salsa

Creamy Tomato Soup Fresh Veggie Pasta Salad Choose 3 Sides: Feature Veg or Salad, Daily Fruit, Cold Veggie & Juice Selection Choice of Milk

Breakfast: Fresh Donut

#### Monday, March 25

#### Day 5 Chicken Parmesan Sandwich

**Sweet Potato Fries** 

Choose 3 Sides: Feature Veg or Salad, Daily Fruit, Cold Veggie & Juice Selection

Choice of Milk

Breakfast: Pizza Bagel w/ sausage & cheese

#### Tuesday, March 26

Bagel

#### Day 6 **Assorted Pizza** Selection

Steamed Broccoli Florets Spring Treat

Choose 3 Sides: Feature Veg or Salad, Daily Fruit, Cold Veggie & Juice Selection

Choice of Milk

Breakfast: Egg Sandwich on Bagel

#### Wednesday, March 27

### **SPRING BREAK**

**NO SCHOOL** 

#### Thursday, March 28

#### **SPRING BREAK**

**NO SCHOOL** 

#### Friday, March 29

#### **SPRING BREAK**

**NO SCHOOL** 

