

# **MENUS FOR MARCH 2024**

## Springdale Junior-Senior High School



### ***Friday, March 1***

Line 1: Italian Dunkers with Pizza Sauce  
Line 2: Deli Hoagie or Entree Chef Salad

### ***Monday, March 4***

Line 1: Chicken Cheddar Sandwich with Waffle Fries  
Line 2: Baked Hoagie or Pizza

### ***Tuesday, March 5***

Line 1: Beef & Cheese Nachos with Steamed Corn  
Line 2: Chicken Tenders with Baked Fries

### ***Wednesday, March 6***

Line 1: Pasta & Meatballs with Garlic Breadstick  
Line 2: Cheeseburger with Baked Fries

***Please join us for a  
nutritious, delicious  
breakfast during National  
School Breakfast Week,  
March 4-8!***

### ***Monday, March 11***

Line 1: Chicken Parmesan Sandwich with Buttered Noodles  
Line 2: Sweet Sausage Sandwich with Roasted Potatoes

### ***Tuesday, March 12***

Line 1: Beef & Cheese Taco with Spanish Rice  
Line 2: Breaded Corn Dog Nuggets or Pizza

### ***Wednesday, March 13***

Line 1: Popcorn Chicken Bowl with Baked Biscuit  
Line 2: Cheeseburger with Baked Fries

### ***Thursday, March 14***

Line 1: Double Burger with Baked Fries  
Line 2: Baked Hoagie or Pizza

### ***Friday, March 15***

Line 1: French Bread Pizza with Steamed Corn  
Line 2: Chicken Sandwich with Baked Fries

## **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!**

**Monday, March 18**

Line 1: Chicken Tenders & Whipped Potatoes

Line 2: Corn Dog Nuggets or Pizza

**Tuesday, March 19**

Line 1: French Toast Sticks with Sausage

Line 2: Chicken Sandwich with Baked Fries

**Wednesday, March 20**

Line 1: General TSO's Chicken & Rice

Line 2: Cheeseburger with Baked Fries

**Thursday, March 21**

Line 1: BBQ Rib with Mac & Cheese

Line 2: Chicken Tenders or Pizza

**Friday, March 22**

Line 1: BOSCO Sticks with Pizza Sauce

Line 2: Deli Hoagie or Entree Chef Salad

### **Making a Complete Meal**

A school lunch consist of 5 components:  
Protein, Vegetables, Grains, Fruit and Milk.  
Please choose at least 3 components to  
make a reimbursable meal.

Under the new guidelines, one of your  
selections must include a serving of  
fruit or vegetable.

\*All lunches include choice of milk.

**YOU'RE  
GOOD**   
**ALL STUDENTS EAT ALL MEALS @  
NO COST ALL YEAR LONG**

**Monday, March 25**

Line 1: Honey-Hot Chicken Sandwich

Line 2: Baked Hoagie or Pizza

**Tuesday, March 26**

Line 1: Beef & Cheese Nachos

Line 2: Cheeseburger with Baked Fries

**Wednesday, March 27**

Line 1: Mac & Cheese with Warm Roll

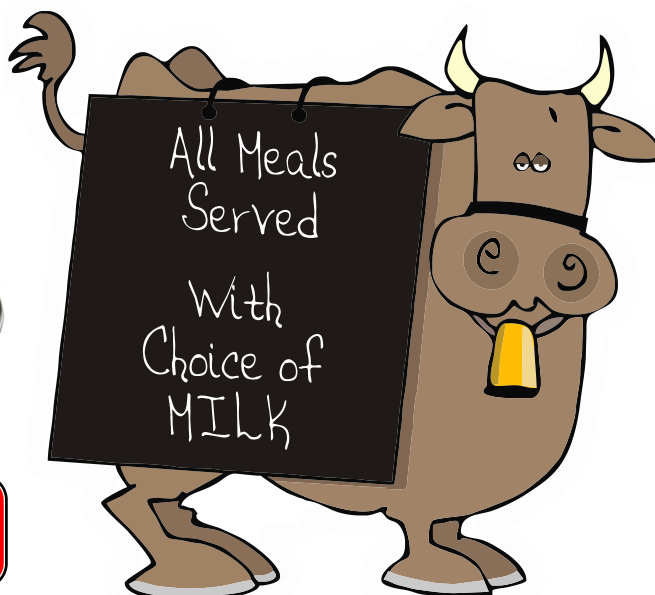
Line 2: Chicken Sandwich or Pizza

**START FRESH  
WITH FRUIT!**

Every complete  
Breakfast@School  
must include a  
serving of  
fruit. That's  
putting **FIRST**  
**THINGS FIRST!**



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**WELLNESS IS A WAY OF LIFE!**



**SPRING  
BREAK!**  
**MARCH IS NATIONAL  
NUTRITION  
MONTH**

