

**MARCH MENU 2025**  
Springdale Junior-Senior  
High School



**Monday, March 3**

- Line 1: Chicken Parmesan Sandwich
- Line 2: Cheeseburger with Baked Fries

**Tuesday, March 4**

- Line 1: Beef & Cheese Nachos with Corn
- Line 2: Chicken Sandwich with Baked Fries

**Wednesday, March 5**

- Line 1: Grilled Cheese with Tomato Soup
- Line 2: Cheeseburger or Pizza

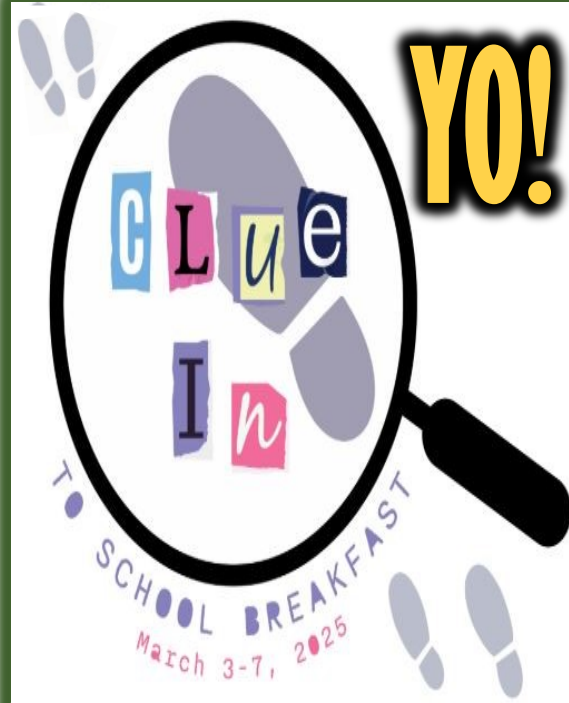
**Thursday, March 6**

- Line 1: Chicken Tenders & Whipped Potatoes
- Line 2: Hot Dogs or Meat Lovers Stromboli

**Friday, March 7**

- Line 1: Chicken Bites with Mac & Cheese
- Line 2: Breaded Fish Sandwich with Mac & Cheese

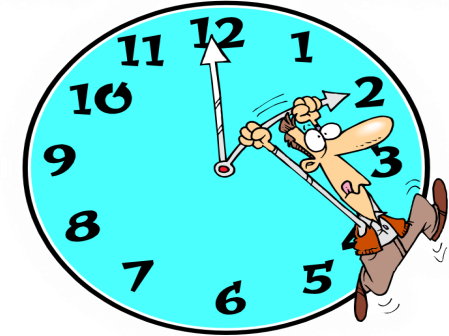
**YOU'RE GOOD**   
**ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG**



**YO!**

**Join us March 3-7 for National School Breakfast Week 2025!**

**DON'T FORGET TO SPRING FORWARD ON MARCH 9!**



**Monday, March 10**

- Line 1: Hot Honey Chicken Sandwich
- Line 2: Baked Hoagie or Pizza

**Tuesday, March 11**

- Line 1: Double Burger with Baked Fries
- Line 2: French Bread Pizza & Steamed Corn

**Wednesday, March 12**

- Line 1: Asian Chicken with Steamed Rice
- Line 2: Cheeseburger with Vegetable Choice

**Thursday, March 13**

- Line 1: BBQ Rib with Mac & Cheese
- Line 2: Spicy Chicken or Pizza

**Friday, March 14**

- Line 1: Battered Fish & Baked Fries
- Line 2: French Bread Pizza

**Monday, March 17**

Line 1: Southern Chicken Sandwich  
Line 2: Turkey Club or Pizza  
\*St. Patrick's Day Dessert

**Tuesday, March 18**

Line 1: Quesadilla Pizza with Rice  
Line 2: Chicken Tenders & Baked Fries

**Wednesday, March 19**

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

**MARCH IS NATIONAL NUTRITION MONTH**



**Monday, March 24**

Line 1: French Toast, Sausage & Hash Browns  
Line 2: Chicken Tenders & Baked Fries

**Tuesday, March 25**

Line 1: Soft Shell Beef Taco & Rice  
Line 2: Chicken Sandwich with Baked Fries

**Wednesday, March 26**

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

**Thursday, March 27**

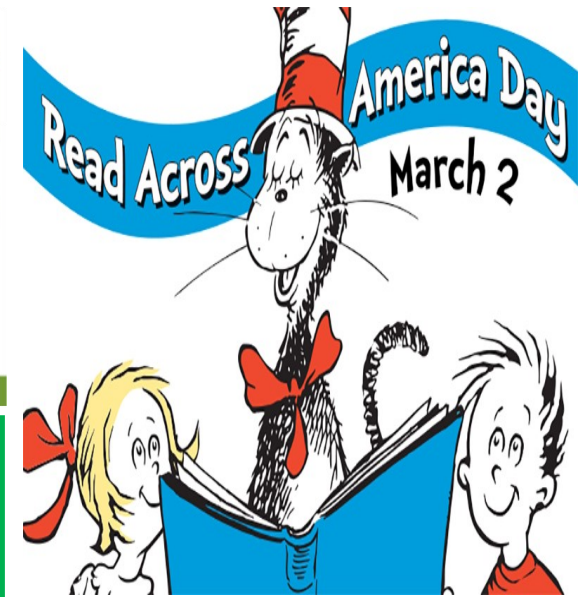
Line 1: Chicken Bites & Baked Crunchers  
Line 2: French Bread Pizza Wedge

**Friday, March 28**

Line 1: BOSCO Sticks with Pizza Sauce  
Line 2: Breaded Fish Sandwich or Chef's Salad

**Monday, March 31**

Line 1: Double Burger with Baked Fries  
Line 2: French Bread Pizza Wedge



**Breakfast:**

Choose at least 3 of the 4 available components

Daily breakfast entrée or variety of alternate choices

Fruit Choice or 100% Fruit Juice

Fat-Free & Low-Fat Milk

Serving Times:

7:20am to 7:45am

**START FRESH WITH FRUIT!**

Everyone, young and old, should begin their morning with fresh fruit. It's the head start you can hold in your hand!



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

**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.