



What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

Meat or meat alternate
Choice of Vegetable, Choice of Fruit
Grain/Bread

Choice of Milk - 1% white, and fat-free chocolate, strawberry & vanilla

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad

Red/Orange - carrots, sweet potatoes, tomatoes, red peppers

Beans/Peas

Starchy - white potatoes, corn, and lima beans

Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Daily Entree Options may include:

**PB&J Craveable with PBJ Sandwich,
String Cheese & Graham Snack**

**&
Chef Salad w/ roll**



**March is
National Nutrition Month
Celebrate with US
on March 29th
when the students
will make their own
Salad!**



Lunch Prices
\$2.10
Reduced \$.40
Adult \$3.25

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USDA is an equal opportunity provider and employer.

Monday

Tuesday

Wednesday

Thursday

Friday



MARCH HAPPENINGS:

3/1-Happy Birthday Dr. Seuss
3/4-3/8-National School Breakfast Week
3/6-Hear the Pennsylvania Crunch at 9:15 am
3/10-Daylight Savings Time Begins-Turn Your Clock ahead!
3/21-Hello Spring
3/29-We will be celebrating National Nutrition Month



1
Happy Birthday Dr. Seuss!
Goose Moose
Cheesy Pizza
or
Thing 1 & Thing 2
Meatball Hoagie
Sammy Slick Salad
Cat in the Hat Carrots
Juicy
Fruit & Milk C



4

Popcorn Chicken
w/Roll
or
Ham & Cheese
on a Pretzel Roll
Featured Veggies:
Tater Tots
Celery
Choice of Fruit & Milk
D

5

Walking Taco
w/Roll
or
Cheesesteak Hoagie
on a Bun
Featured Veggies:
Corn
Salsa
Choice of Fruit & Milk E

6

Cheeseburger
on a Bun
or
Fish Shapes w/Roll
Featured Veggies:
Baked Beans
Fresh Carrots
Choice of Fruit & Milk F

7

Yogurt Craveable
or
Baked Italian Sandwich
Featured Veggies:
Green Beans
Cucumber Slices
Choice of Fruit & Milk A

8

Pepperoni Pizza
or
Fish Sandwich
on a Bun
Featured Veggies:
Cherry Tomatoes
Garden Peas
Choice of Fruit & Milk
B

NATIONAL SCHOOL BREAKFAST WEEK-March 4th-8th

11

Chicken Nuggets
w/Roll
or
Italian Meatball Hoagie
w/Cheese
Featured Veggies:
Oven Fries
Romaine Salad
Choice of Fruit & Milk
C

12

Macaroni & Cheese
or
Pizza Craveable
Featured Veggies:
Garden Peas
Baby Carrots
Choice of Fruit & Milk
D

13

French Toast Sticks
w/Sausage Links
or
Breakfast Burrito
w/Bacon, Egg & Cheese
Featured Veggies:
Tri Taters
Chick Peas
Choice of Fruit & Milk
E

14

Chicken Patty Sandwich
on a Bun
or
Sloppy Joe on a
Bun
Featured Veggies:
Broccoli w/Cheese
Celery w/Peanut Butter
Choice of Fruit & Milk
F

15

Cheesy Pizza
or
Pulled Pork BBQ Sandwich
on a Bun
Featured Veggies:
Green Beans
Fresh Broccoli w/Dip
Choice of Fruit & Milk
A

18

Meatball Hoagie
w/Cheese
or
Corn Dog
Featured Veggies:
Smiley Fries
Fresh Celery
Choice of Fruit & Milk
B

19

Spaghetti w/Meat Sauce
& Garlic Bread
or
Ham & Cheese
Hoagie
Featured Veggies:
Romaine Salad
Garden Peas
Choice of Fruit & Milk
C

20

Chicken Mashed
Potato Bowl w/Roll
or
Rib-B-Que
on a Bun
Featured Veggies:
Mashed Potatoes
Corn
Choice of Fruit & Milk
D

21

Bacon Cheeseburger
on a Bun
or
Hot Dog
on a Bun
Featured Veggies:
Baked Beans
Fresh Carrots
Choice of Fruit & Milk
E

22

Stuffed Crust Pizza
or
Cheese Steak Hoagie
on a Roll
Featured Veggies:
Fresh Broccoli w/Dip
Lettuce & Tomato Cup
Apple Crisp F
Choice of Fruit & Milk

25

Chicken Nuggets
w/Soft Pretzel Stick
or
BBQ Pulled Pork
Sandwich
Featured Veggies:
Green Beans
Romaine Salad w/Cheese
Choice of Fruit & Milk
A

26

French Toast Sticks
w/Sausage Links
or
Breakfast Burrito
w/Bacon, Egg & Cheese
Featured Veggies:
Tri-Taters
Fresh Broccoli w/Dip
Choice of Fruit & Milk
B

27

Toasted Cheese
Sandwich
or
Fish Shapes
w/Roll
Featured Veggies:
Tomato Soup
Fresh Celery w/P.B.
Choice of Fruit & Milk
C

28

Hamburger
on a Bun
or
Yogurt Craveable
Featured Veggies:
Tater Tots
Baby Carrots
Choice of Fruit & Milk
D

29

NATIONAL NUTRITION MONTH
Cheese Stick Dippers
or
Tuna Salad Sandwich
Featured Veggies:
SALAD BAR E



