Menus for March 2024

High School

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

Available Daily

Pizza
Entrée Salad
Grille Sandwich-Varies Daily
Yogurt Parfait

Breakfast-No Charge
Lunch-$2.80
Mrs. Laura Frye, Director of Food Service
www.basd.net 814-355-4814

Featured Specials of the Day

Friday, March 1
Shrimp Poppers & Biscuit
Potato Wedges
Creamy Coleslaw
Fresh Veggie & Fruit Choice

Monday, March 4
Sausage & French Toast
Hash Brown Potato
Veggie & Fruit Juice
Fruit Choice

Tuesday, March 5
Double Dog Day
Potato & Cheese Pierogies
Fresh Veggie & Fruit Choice

Wednesday, March 6
Popcorn Chicken & Dinner Roll
Garlic Buttered Noodles
Peas & Carrots
Fresh Veggie & Fruit Choice

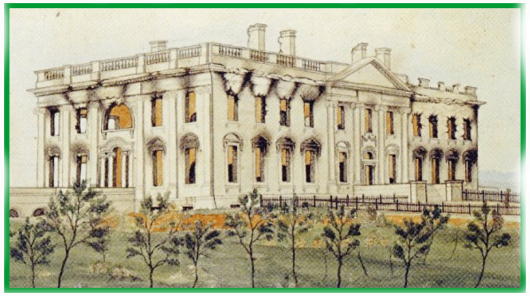
Thursday, March 7
Smokehouse Pulled Pork & Dinner Roll
Potato Wedges w/Cheese
Fresh Veggie & Fruit Choice

Friday, March 8
Crunchy Fish Sandwich
Oven Fries
Fresh Veggie & Fruit Choice

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

★ Our Nation's History ★

During the month that we celebrate St. Patrick's Day, it's interesting to note that an Irish-born architect (James Hoban) designed and oversaw the building of the White House in Washington, D.C. -- not just once, but twice! Hoban first built the original White House in the 1790's, and he then rebuilt it after the British burned out the building during the War of 1812, as pictured here.



★ *With Liberty & Justice for All* ★

54 By the Numbers

Percentage of teens who report being afraid of trying out or auditioning

Sweet Tooth

The Honey Badger of Africa and Asia is really closer to a weasel than a true badger, but one thing about its name is definitely true: the honey badger loves honey and will avidly seek out beehives to get at it. Of course, the honey badger will also eat pretty much anything it finds -- rodents, frogs, snakes, insects, turtles, birds, lizards, eggs, vegetables, and whatever else it comes across. They've even been known to chase away young lions and steal their kills. Guess the honey badger really doesn't care!

Animal Appetites

Featured Specials of the Day

Monday, March 11
Chicken Fajita Wrap
Steamed Rice
Fresh Veggie & Fruit Choice

Tuesday, March 12
Cheesesteak Hoagie
Potato Wedge
Fresh Veggie & Fruit Choice

Wednesday, March 13
Homestyle Breaded Chicken Tender & Roll
Oven Fries
Fresh Veggie & Fruit Choice

Thursday, March 14
Walking Taco
Steamed Rice
Black Bean & Corn Salsa
Fresh Veggie & Fruit Choice

Friday, March 15
Rip N Dip w/Marinara Sauce
Tasty Green Beans
Fresh Veggie & Fruit Choice

Featured Specials of the Day

Monday, March 18
Asian Inspired Chicken & Rice w/ Veggie Egg Roll
Steamy Broccoli
Fresh Veggie & Fruit Choice

Tuesday, March 19
Bacon Cheeseburger on Bun
Oven Fries
Baked Beans
Fresh Veggie & Fruit Choice

Wednesday, March 20
Deluxe Chicken Filet Sandwich
Baked Potato Bar
Fresh Veggie & Fruit Choice

Thursday, March 21
Pasta Bar w/Garlic Breadstick
Choice of Marinara Beef or Chicken Alfredo Sauce
Fresh Veggie & Fruit Choice

Friday, March 22
Baja Fish Taco
Potato Wedges
Fresh Veggie & Fruit Choice

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Please see the other page for items available daily

Featured Specials of the Day

Monday, March 25
Beef & Cheese Nachos Grande
Golden Corn Niblets
Fresh Veggie & Fruit Choice

Tuesday, March 26
Popcorn Chicken Mac n Cheese Topper
Dinner Roll
Mixed Vegetables
Fresh Veggie & Fruit Choice

Wednesday, March 27
Meatball Sub
Oven Fries
Fresh Veggie & Fruit Choice

Thursday, March 28
NO SCHOOL

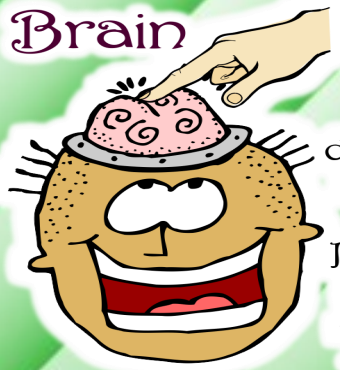
Friday, March 29
NO SCHOOL

NUTRITION TOGO

Turns out Grandma was right: chicken soup IS good for a cold! Chicken soup helps to ease cold symptoms by breaking up congestion, keeping you hydrated, and even acting as an anti-inflammatory. The taste and aroma can be therapeutic, too! There's no cure for a cold, but a piping hot bowl of soup can at least offer some relief.

A QUICK BITE FOR TEENS

Brain Ticklers



What instrument does a boastful Irish musician play on St. Patrick's Day?

(Hold the page upside down and read it in a mirror for the answer!)

The "grand" piano

THE A LIST

Top 10 Artists for all of 2023

1/Taylor Swift
2/Morgan Wallen
3/SZA
4/Drake
5/Luke Combs
6/Zach Bryan
7/The Weeknd
8/21 Savage
9/Miley Cyrus
10/Post Malone

Source: Billboard