Menus for March 2024

Middle School

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

Available Daily

Mar 1 Deli Hoagie
Mar 4-8 BBQ Rib Sandwich
Mar 11-15 Hamburger on Bun
Mar 18-22 Cheese Pizza
Mar 25-27 Crispy Chicken Filet Sandwich

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
Cheese Pizza
Steamy Broccoli
Fresh Veggie & Fruit Choice

Monday, March 4
Cheeseburger on Bun
Oven Fries
Fresh Veggie & Fruit Choice

Tuesday, March 5
Chicken & Cheese Quesadilla
Steamed Rice
Green Beans
Fresh Veggie & Fruit Choice

Wednesday, March 6
Pulled Pork Sandwich
Potato & Cheese Pierogies
Fresh Veggie & Fruit Choice

Thursday, March 7
Pasta & Meatsauce w/Garlic Breadstick
Tasty Green Beans
Fresh Veggie & Fruit Choice

Friday, March 8
Cheesy Mozzarella Bread Sticks & Marinara Sauce
Peas & Carrots
Fresh Veggie & Fruit Choice

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!

BY THE NUMBERS

54 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
Asian Inspired Chicken
Steamed Rice
Steamed Broccoli
Fresh Veggie & Fruit Choice

Tuesday, March 12
Hot Ham & Cheese on Pretzel Bun
Tater Tots
Fresh Veggie & Fruit Choice

Wednesday, March 13
Cheesesteak Sub
Garlic Buttered Noodles
California Blend Veggies
Fresh Veggie & Fruit Choice

Thursday, March 14
Popcorn Chicken & Dinner Roll
Cheesy Scalloped Potatoes
Fresh Veggie & Fruit Choice

Friday, March 15
Cheese Pizza
Steamy Broccoli
Fresh Veggie & Fruit Choice

Featured Specials of the Day

Monday, March 18
Chicken Tenders & Dinner Roll
Oven Fries
Fresh Veggie & Fruit Choice

Tuesday, March 19
Chicken Fajita & Cheese Wrap
Steamed Rice
Peas & Carrots
Veggie & Fruit Juice
Fruit Choice

Wednesday, March 20
Beef & Cheese Walking Taco
Golden Corn Niblets
Fresh Veggie & Fruit Choice
Fruit Churro

Thursday, March 21
Turkey & Cheese on Kaiser Bun
Homestyle Chicken Noodle Soup & Goldfish Crackers
Carrot Coins
Veggie & Fruit Juice
Fruit Choice

Friday, March 22
Cheese Pizza Crunchers
Peas & Carrots
Fresh Veggie & Fruit Choice

Please see the other page for items available daily

Featured Specials of the Day

Monday, March 25
French Toast Sticks & Sausage
Hash Brown Potato
Veggie & Fruit Juice
Fruit Choice

Tuesday, March 26
Cook's Choice Entree
Cook's Choice Potato
Fresh Veggie & Fruit Choice

Wednesday, March 27
Cheese Pizza
Mixed Vegetables
Fresh Veggie & Fruit Choice

Thursday, March 28
NO SCHOOL

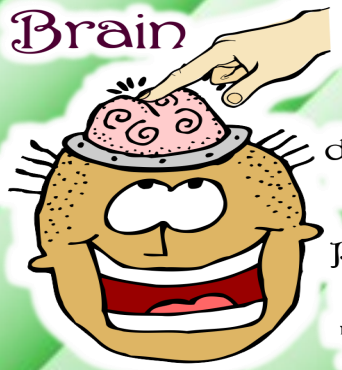
Friday, March 29
NO SCHOOL

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 "bragging" Irish

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