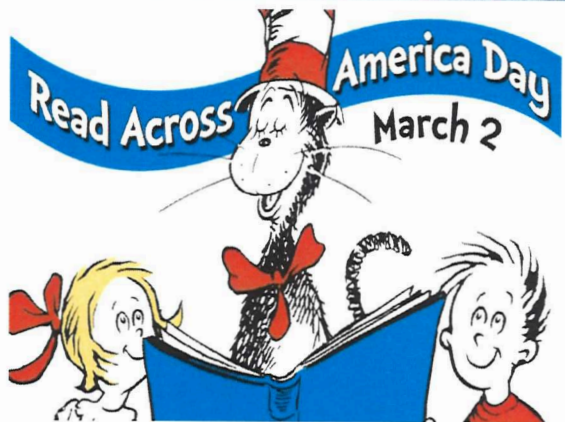


MENUS FOR MARCH 2023

Springdale Junior-Senior
High School



DON'T 4 GET!

To make a lunch, choose at least one



Featured Specials of the Day

Wednesday, March 1

Line 1: Max Snack Quesadilla Wedges

Line 2: Pizza or Chicken Tenders

Thursday, March 2

Line 1: Baked Chicken with Potatoes & Gravy

Line 2: Pizza or Cheeseburger

Monday, March 6

Line 1: BBQ Rib Sandwich with Mac & Cheese

Line 2: Pizza or Corn Dog Nuggets

Tuesday, March 7

Line 1: Double Cheeseburger with Baked Fries

Line 2: Pizza or Chicken Tenders

Wednesday, March 8

Line 1: Chicken Alfredo & Toasted Breadstick

Line 2: Pizza Crunchers or Buffalo Chicken Wrap

Thursday, March 9

Line 1: Breakfast Sandwich & Home Fries

Line 2: Pizza or Cheeseburger

Friday, March 10

Line 1: Italian Dunkers with Pizza Sauce

Line 2: Fish Sandwich or Deli Hoagie



However you measure
time at your
house, don't forget
to move the clocks
ahead one hour
on March 12!

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG

Please join us for a
nutritious, delicious
breakfast during National
School Breakfast Week,
March 6-10!

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: 7:10am to 7:40am

MARCH IS NATIONAL NUTRITION MONTH





BREAK AN EGG.

Hey, why do you think it's called BREAKfast? A breakfast sandwich of an egg, a slice of lean ham, and a piece of cheese on a whole-wheat English muffin, with an orange and lowfat milk, provides a delicious variety of foods, and only about 550 calories. Keeps you feeling full, too. Enjoy!

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

Featured Specials of the Day

Monday, March 13

- Line 1: Chicken & Bacon Sandwich
- Line 2: Pizza or Cheeseburger

Tuesday, March 14

- Line 1: Beef & Cheese Nachos with Corn
- Line 2: Pizza or Chicken Sandwich

Wednesday, March 15

- Line 1: Asian Chicken with Steamed Rice
- Line 2: Pizza or Toasted Hoagie

Thursday, March 16

- Line 1: Steak & Cheese Hoagie with Fries
- Line 2: Pizza or Spicy Chicken Sandwich

Friday, March 17

- Line 1: BOSCO Sticks & Pizza Sauce
- Line 2: Fish Sandwich or Deli Hoagie
- *Shamrock Shaped Sugar Cookie

Featured Specials of the Day

Monday, March 20

- Line 1: Grilled Hot Dogs & Tater Tots
- Line 2: Pizza or Cheeseburger

Tuesday, March 21

- Line 1: French Toast Sticks & Sausage
- Line 2: Baked Breaded Chicken Tenders

Wednesday, March 22

- Line 1: Popcorn Chicken Bowl & Biscuit
- Line 2: Pizza or Cheeseburger

Thursday, March 23

- Line 1: Buffalo Chicken Wrap
- Line 2: Pizza or Toasted Hoagie

Friday, March 24

- Line 1: Grilled Cheese Sandwich & Soup
- Line 2: Pizza Crunchers or Chicken Sandwich

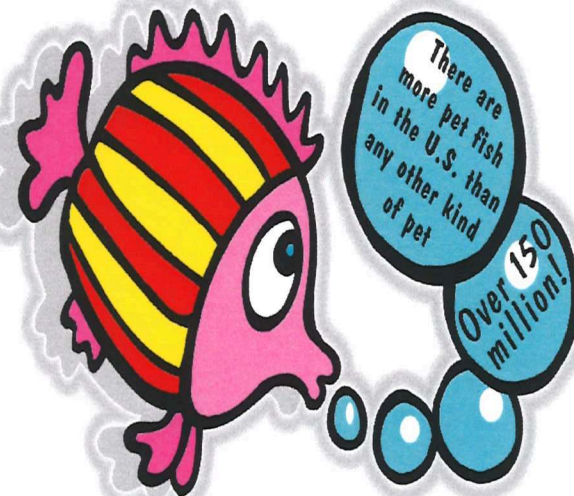
Making a Complete Meal

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.



Featured Specials of the Day

Monday, March 27

- Line 1: Steak Burger with Baked Fries
- Line 2: Pizza or Chicken Sandwich

Tuesday, March 28

- Line 1: Beef & Cheese Nacho with Corn
- Line 2: Pizza or Toasted Hoagie

Wednesday, March 29

- Line 1: Pasta & Meatballs with Breadsticks
- Line 2: Baked Breaded Chicken Tenders

Thursday, March 30

- Line 1: Quesadilla Wedges with Spanish Rice
- Line 2: Pizza or Cheeseburger

Friday, March 31

- Line 1: Mac-n-Cheese & Baked Soft Pretzel
- Line 2: Pizza or Corn Dog Nuggets