EAT RIGHT

BITE BY BITE

National Nutrition Month®
March 2020

eat right. Academy of Nutrition and Dietetics

LOYALSOCK TOWNSHIP SCHOOL DISTRICT
DONALD E. SCHICK
ELEMENTARY SCHOOL MENU

MARCH 2020

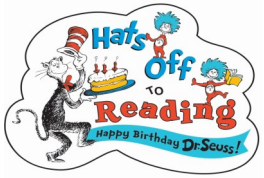
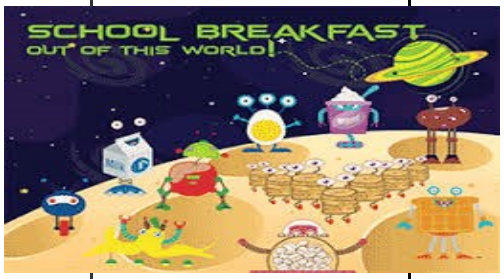
BREAKFAST $1.30 REDUCED .30
LUNCH $2.40 REDUCED .40
MENU SUBJECT TO CHANGE
***THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.**

FUEL UP WITH BREAKFAST!
*CHOOSE 1 ENTRÉE
*CHOOSE 1 OR 2: FRUIT/JUICE/VEGGIE
*CHOOSE YOUR MILK: 1% & FAT FREE MILK CHOICES

BUILD A HEALTHY LUNCH!
*CHOOSE 1 ENTRÉE
*CHOOSE 1 OR 2 VEGGIES/ VEGGIE SALADS
*CHOOSE 1 FRUIT
*CHOOSE YOUR MILK: 1% & FAT FREE MILK CHOICES

Prepay On-line!

Go to mySchoolBucks.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  Breakfast: Cinnamon French Toast OR Cold Cereal & Honey Grahams Fruit/Juice/Variety of Milk **LUNCH** Green Eggs & Ham w/ Mini Pancakes Hash Brown Potatoes Baby Carrots Fox in Socks Fruit Mix Variety of Milk ***Happy Birthday Dr. Seuss Cookie Pack!*** **LUNCH MUNCHABLE THIS WEEK:** ***Ham & Cheese Pinwheel Nibblers*** **SALAD OF THE WEEK:** ***Super Chef Salad w/ Croutons & Roll***	3 Breakfast: **NEW! Mini Apple Breakfast Bites** OR Cold Cereal & Trix Yogurt/Fruit/Juice/Variety of Milk ***WRIST BAND GIVEAWAY!** **LUNCH** Super Nachos w/ Meat, Cheese, Salsa & Toppings Cup Refried Beans Broccoli Dippers Golden Banana Variety of Milk ***EAT BREAKFAST WITH US!*** **NATIONAL SCHOOL BREAKFAST WEEK** **MARCH 2nd — 6th**	4 Breakfast: Warm Cinni-Minis OR Cold Cereal & Mini Bun/Fruit/ Juice/Variety of Milk **LUNCH** Mini Turkey Corn Dog Nuggets Triangle Tater Celery Sticks Cinnamon Applesauce Variety of Milk 	5 Breakfast: **NEW! Go-Gurt & Bug Bites Graham Crackers** OR Cold Cereal & Blueberry Muffin/ Fruit/Juice/Variety of Milk ***BOOKMARK GIVEAWAY!** **LUNCH** Lasagna Roll-Up w/ Warm Bread Stick Steamed Broccoli Baby Carrots Tropical Pineapple Variety of Milk  	6 Breakfast:**NEW! Mini Chocolate Chip Pancakes** OR Cold Cereal & CTC Cereal Bar/Fruit/Juice/ Variety of Milk **LUNCH** Personal Round Cheese or Pepperoni Pizza Power Peas Cucumber Wheels Crisp Apple Slices Variety of Milk
9 Breakfast: Cinnamon French Toast OR Cold Cereal & Honey Grahams / Fruit/Juice/Variety of Milk **LUNCH** Hot Diggity Dog Baked Beans Broccoli Dippers Peaches Variety of Milk ***LUNCH MUNCHABLE THIS WEEK:** **Tuna Salad Sandwich** ***SALAD OF THE WEEK:** **Popcorn Chicken Salad w/Croutons & Cheez-it Crackers**	10 Break4fast: Warm Frudel OR Cold Cereal & Trix Yogurt/Fruit/Juice/ Variety of Milk **LUNCH** Popcorn Chicken with Roll Crispy Fries Baby Carrots Applesauce Variety of Milk	11 Breakfast: Breakfast Bun OR Cold Cereal & Super Star/Fruit/Juice/ Variety of Milk **LUNCH** Grilled Cheese Sandwich & Tomato Soup/Crackers Seasoned Green Beans ***Spinach Power Salad** Tropical Pineapple Variety of Milk 	12 Breakfast: Breakfast Pizza OR Cold Cereal & Apple Bread/Fruit/Juice/ Variety of Milk **LUNCH** Little Lancer Ham & Cheese Sub Sandwich w/**NEW! Mickey Mouse Gold Fish Crackers** Rockin' Broccoli Salad Crunchy Cucumbers Mandarin Oranges Variety of Milk	13 Breakfast: Blueberry Pancakes OR Cold Cereal & Trix Cereal Bar/Fruit/Juice/Variety of Milk **LUNCH** Cheesy Pizza Wedge Steamed Corn Baby Carrots & Celery Sticks Frosty Fruit Cup Variety of Milk

AVAILABLE DAILY AT LUNCH:
*PBJ *Yogurt Power Pack
*Variety of Tasty and Healthy Fruit & Veggie & Salad Choices
*1% Low Fat Milk, Fat Free Milk and 1% Low Fat Chocolate & Strawberry Flavored Milk

QUESTIONS?
Call our Food & Nutrition Services Office
(570) 323-3211
*Pre-Pay online at myschoolbucks.com

*HARVEST OF THE MONTH:

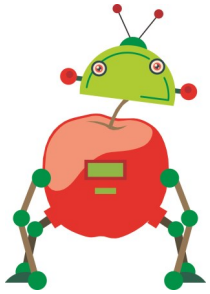
Spinach

A dark, leafy, green vegetable packed with vitamins and other nutrients. Makes a great salad!

Raisins

Excellent source of iron and a tasty snack!

GET IN TOUCH WITH US TODAY TO LEARN MORE ABOUT FREE AND REDUCED-PRICE MEALS IN OUR DISTRICT:
570-323-3211
bhufnagel@loyalsocklancers.org

16 Breakfast: Cinnamon French Toast OR Cold Cereal & Honey Grahams Fruit/Juice/Variety of Milk **LUNCH** Chicken Tenders w/ Roll Sweet Potato Puffs Celery Sticks Cinnamon Applesauce Variety of Milk ***LUNCH MUNCHABLE THIS WEEK:** **Turkey & Cheese Wrap Nibblers** ***SALAD OF THE WEEK:** **Super Chef Salad with Croutons & Roll**	17 Breakfast: Stuffed Bagel OR Cold Cereal & Trix Yogurt/Fruit/Juice/ Variety of Milk **LUNCH** Walking Taco w/ Toppings Cup & Salsa Refried Beans Baby Carrots Tropical Pineapple Variety of Milk ***GO FOR THE GREENS!***	18 Breakfast: Warm Cinni-Minis OR Cold Cereal & Mini Bun/Fruit/Juice/ Variety of Milk **LUNCH** Cheeseburger/Hamburger Potato Smiles Broccoli Dippers Juicy Peaches Variety of Milk	19 Breakfast: Breakfast Pizza OR Cold Cereal & Blueberry Muffin/Fruit/ Juice/Variety of Milk **LUNCH** MAX Cheesy Stuffed Breadsticks w/ Marinara Sauce Green Beans Garden Salad Chilly Pears Variety of Milk ***K-12 EARLY DISMISSAL***	20 **CLERICAL DAY** **NO SCHOOL FOR STUDENTS**
23 Breakfast: Cinnamon French Toast OR Cold Cereal & Honey Grahams/Fruit/ Juice/Variety of Milk **LUNCH** Pulled Pork BBQ Sandwich EMOJI Taters! Baby Carrots & Celery Sticks Orange Wedges Variety of Milk ***LUNCH MUNCHABLE THIS WEEK:** ***Tuna Salad Sandwich*** **SALAD OF THE WEEK:** ***Popcorn Chicken Salad w/ Goldfish Grahams***	24 Breakfast: Warm Frudel OR Cold Cereal & Trix Yogurt/Fruit/Juice/ Variety of Milk **BREAKFAST FOR LUNCH!** French Toast Sticks & Sausage Golden Potato Puffs Rainbow Bean Salad Applesauce Variety of Milk	25 Breakfast: Breakfast Bun OR Cold Cereal & Super Star/Fruit/Juice/ Variety of Milk **WARM-UP LUNCH** **FUN SIZE** Toasty Ham & Cheese Melt w/ Chicken Noodle Soup Steamed Corn Baby Carrots ***SUNMAID Raisins!** Variety of Milk 	26 Breakfast: Breakfast Pizza OR Cold Cereal & Apple Bread/Fruit/Juice/ Variety of Milk **LUNCH** Crispy Chicken Sandwich Mixed Veggies Cucumber Slices Juicy Peaches Variety of Milk	27 Breakfast: Blueberry Pancakes OR Cold Cereal & Trix Cereal Bar/Fruit/Juice/ Variety of Milk **LUNCH** Under the Sea Shapes w/ Mac & Cheese Steamed Broccoli Caesar Salad Mandarin Oranges Variety of Milk
30 Breakfast: Cinnamon French Toast OR Cold Cereal & Honey Grahams Fruit/Juice/Variety of Milk **LUNCH** Chicken Nuggets & Noodles Glazed Carrots Garden Salad Chilly Pears Variety of Milk **LUNCH MUNCHABLE THIS WEEK:** ***Ham & Cheese Pinwheel Nibblers*** **SALAD OF THE WEEK:** ***Super Chef Salad with Croutons & Roll***	31 Breakfast: Stuffed Bagel OR Cold Cereal & Trix Yogurt/Fruit/Juice/Variety of Milk **LUNCH** Cheesesteak Sandwich Broccoli Dippers Golden Banana Variety of Milk	 ***Admiral Apple***	 ***Banana Barnstormer***	 ***Ambassador Milk***

LUNCH NOTES

Additional Fruits available daily may include: Banana, Fresh Orange, Local Apples, Tropical Pineapple, Juicy Sliced Peaches, Chilled Applesauce, Mixed Fruit, Pear Slices, Mandarin Oranges

Additional Veggies available daily may include: Baby Carrots, Crisp Celery Sticks, Broccoli Florets, Fresh Cauliflower, Grape Tomatoes, Mixed Pepper Strips, Garden Salad, Rainbow Bean Salad, Chicka Chicka Boom Boom Salad, Spinach Salad, Romaine Caesar Salad