

# menus for March 2017



Pittsylvania County Schools  
Pittsylvania County, Virginia  
Grades 9-12

## AVAILABLE DAILY!

### Freshly Made Salads

As an entrée choice with leafy green lettuce, fresh crisp veggies and a lean protein.

### Fresh Fruits



Pick from a variety of apples, oranges, bananas, & other seasonal fruits.

#### Wednesday, March 1

**Entrées (choose one)** <sup>1</sup>Soft Shell Taco  
<sup>2</sup>Chicken Fajita *each offered with cheese*  
**Vegetables (choose many)** Lettuce, Tomato, Salsa, Guacamole, Steamed Corn,  
**Fruits (can choose one of each)**

Fresh Fruit and Fruit Cup

#### Thursday, March 2

**Entrées (choose one)**  
<sup>1</sup>Clubhouse Sub with chips  
<sup>2</sup>Mandarin Orange Chicken over Rice with Vegetable Egg Roll  
**Vegetables (choose many)** Fresh Steamed Broccoli, Baby Carrots  
**Fruits (can choose one of each)** Fresh Strawberries, Fresh Fruit and Fruit Cup

#### Friday, March 3

**Entrée (choose one)**  
<sup>1</sup>Slice of Big Daddy's® Pizza  
**Vegetables (choose many)** Garden Salad, Turnip Greens  
**Entrée (choose one)** <sup>2</sup>POTATO BAR with all the fixings and includes Garden Salad  
**Fruits (can choose one of each)** Fresh Fruit and Fruit Cup

#### Monday, March 6

**Entrées (choose one)** <sup>1</sup>Hot Dog with all the fixin's  
<sup>2</sup>Clubhouse Wrap  
**Vegetables (choose many)** Red Roasted Potatoes, Cole-Slaw, Baked Beans  
**Fruits (can choose one of each)** Fresh Fruit and Fruit Cup

#### Tuesday, March 7

**Entrees (choose one)** <sup>1</sup>Bosco® Sticks w/ pizza sauce  
<sup>2</sup>Beefy Chili Beans with crackers  
**Vegetables (choose many)** BLT Chop Salad, Steamed Corn  
**Fruits (can choose one of each)** Fresh Grapes, Fresh Fruit and Fruit Cup

#### Wednesday, March 8

**Entrée** <sup>1</sup>BBQ Sandwich offered with chips  
Cole Slaw, Fresh Carrots, Celery Sticks  
**Entrée** <sup>2</sup>Spaghetti with Meat Sauce or Marinara offered with Breadstick  
**Vegetables (choose many)** Fresh Carrots, Celery Sticks, Steamed Broccoli  
**Fruits (can choose one of each)** Fresh Fruit and Fruit Cup

## School Breakfast Week, March 6-10

We're celebrating this often over-looked meal!

### YOUR SCHOOL'S BREAKFAST MENU

Kellogg's™ Pop-tart® twin-pack

Blueberry Muffin, Vanilla Muffin

Breakfast Bun

Cereal BIG Cup

Yogurt Parfait (Granola topping)

Pillsbury Mini Pancakes / Mini French Toast

Cinni Minis

Biscuit Choices:

Chicken, Sausage, Bacon, Egg, & Cheese

Choose 1 main choice from above.

*Fruit, juice & milk are included at no extra cost.*

*While breakfast is offered every day of the year at your school, we are dedicating a whole week, **March 6-10** to celebrate this morning meal!*

Whatever reason you have for not eating breakfast we hope you will reconsider because . . .

*Eating breakfast can help you feel better, concentrate better, make it easier to learn, and consequently, make better grades.*

*Teens who eat breakfast are generally in better health overall, a fact that may be attributed to the fiber and nutrient rich food often eaten at breakfast including whole grains, oatmeal, yogurt, fresh fruit, nuts and eggs.*

*Your cafeteria offers many different breakfast options daily to choose from!*

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Thursday, March 9

**Entrees (choose one)** <sup>1</sup>Oven Roasted Chicken  
<sup>2</sup>Sliced Smoked Ham  
each offered with School Roll  
**Vegetables (choose many)**  
Green Beans, Mashed Potatoes  
**Fruits (can choose one of each)**  
Fresh Fruit and Fruit Cup

Friday, March 10

**Entrée (choose one)** Slice of Big Daddy's® Pizza  
**Vegetables (choose many)**  
Green Peas, Garden Salad, Red Pepper Strips  
**Entrée (choose one)** <sup>2</sup>POTATO BAR  
with all the fixings  
**Vegetables (choose one)**  
Garden Salad, Red Pepper Strips  
**Fruits (can choose one of each)**  
Fresh Fruit and Fruit Cup



Daylight Saving Time  
begins on Sunday,  
March 12 at 2:00 a.m.

Monday, March 13

**Entrees (choose one)**  
<sup>1</sup>Vegetable Chili Beans with crackers  
<sup>2</sup>Popcorn Chicken offered with Dinner Roll  
**Vegetables (choose one)**  
Yukon Gold Potatoes, Steamed Broccoli  
Organic Celery Sticks  
**Fruits (can choose one of each)**  
Fresh Fruit and Fruit Cup

Tuesday, March 14

**Entrees (choose one)** <sup>1</sup>Cheeseburger  
<sup>2</sup>Deli Chicken Sandwich  
**Vegetables (choose one)**  
L/T/P, Green Beans, Corn <sup>on the</sup> Cob  
Roasted Parmesan Carrots  
**Fruits (can choose one of each)**  
Fresh Fruit and Chilled Strawberry Cup

Wednesday, March 15

<sup>1</sup>Grilled Cheese Sandwich <sup>2</sup>PBJ <sup>3</sup>Sunbutter® & Jelly  
**Vegetables (choose many)**  
Vegetable Beef Soup  
Cucumber Slices, Fresh Garden Salad  
**Fruits (can choose one of each)**  
Fresh Grapes, Fresh Fruits and Fruit Cup

Thursday, March 16

**Entrées (choose one)**  
<sup>1</sup>Sliced Turkey Roast <sup>2</sup>Sliced Ham  
each offered with School Roll  
**Vegetables (choose many)**  
Black-eyed Peas, Mashed Potatoes  
**Fruits (can choose one of each)** Fresh Fruit and Fruit Cup

Friday, March 17

**Entrees (choose one)** <sup>1</sup>Stromboli  
**Vegetables (choose many)**  
Roasted Cauliflower, Red Pepper Strips, BLT Chop Salad  
**Entrees (choose one)** <sup>2</sup>POTATO BAR  
with all the fixings  
**Vegetables (choose one)** Salad, Pepper Strips  
**Fruits (can choose one of each)** Fresh Fruit and Fruit Cup



March 20th-24th

Students return to class on March 27

Monday, March 27

**Entrees (choose one)** Buffalo Chicken Wings  
offered with Dinner Roll  
**Vegetables (choose many)**  
French Fries, Pinto Beans, Celery Sticks  
**Fruits (can choose one of each)**  
Fresh Fruit and Fruit Cup

Tuesday, March 28

**BUILD YOUR OWN SUB**  
**Entrees (choose one)** <sup>1</sup>Turkey <sup>2</sup>Steak & Cheese Sub  
<sup>3</sup>Tuna Salad, or <sup>4</sup>Hummus (vegetarian option)  
each offered with Chips  
**Vegetables (choose many)** Assorted Fresh Toppings  
**Fruits (can choose one of each)**  
Fresh Strawberries. Fresh Fruits and Fruit Cup

Wednesday, March 29

**Entrees (choose one)** <sup>1</sup>BBQ Sandwich with Chips  
**Entrees (choose one)**  
<sup>1</sup>Grilled Cheese Sandwich <sup>2</sup>PBJ  
<sup>3</sup>Sunbutter® & Jelly Sandwich  
each offered with Chicken Rice Soup  
**Vegetables (choose many)** Assorted Veggies  
**Fruits (can choose one of each)**  
Fresh Grapes, Fresh Fruits and Fruit Cup

Milk is offered every day with  
each meal at no extra charge.

Thursday, March 30

**Entrées (choose one)**  
<sup>1</sup>Ham & Cheese Sub with Chips, L/T/P  
<sup>2</sup>BBQ Chicken Teriyaki over Rice  
with Vegetable Egg Roll  
**Vegetables (choose many)**  
Fresh Steamed Broccoli Florets  
**Fruits (can choose one of each)**  
Fresh Fruit and Fruit Cup

Friday, March 31

**Entrée (choose one)** <sup>1</sup>Slice of Big Daddy's® Pizza  
**Vegetables (choose many)**  
Steamed Corn, Bell Pepper Strips, Turnip Greens  
**Entrée (choose one)**  
<sup>2</sup>POTATO BAR with all the fixings  
**Vegetables (choose one)** Bell Pepper Strips  
**Fruits (can choose one of each)**  
Fresh Fruit and Fruit Cup

## Friendlier Fast Food

Always plan ahead so you can make each meal as healthy as possible and avoid the fast food trap. However, no matter how much you plan, there are times when you only have time for fast food. These tips will help you make fast food as health "friendly" as possible.

**Skip the sides**—Order only the sandwich or burger. Most fast food sandwiches are plenty filling without the added fat and calories of a side item.

**Share the fries**—If you must have fries with your sandwich, order a small order or share them with a friend or family member.

**Baked potato instead of a sandwich**—Some restaurants offer bakes potatoes plain or with all the fixings. Of course, the more toppings (butter, sour cream, cheese, bacon) that you add, the less healthy it becomes. Try to limit your toppings to one or two.

**Go for the grilled**—Poultry without the skin is much leaner than the meats most fast-food companies use in their burgers, and it may be less processed. Choose a grilled chicken sandwich whenever possible.

**Skip the "Value Size"** - When you supersize your fast food order, the size of your fries and drink isn't the only thing that gets bigger!

**Drink water, 100% fruit juice or low-fat milk**—Soda is not the only beverage available at fast-food restaurants. Sodas are loaded with sugars and calories that you don't need. Water is readily available at most restaurants and it's good for you!