

Welcome Spring!

Menus for March 2018



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.

Thursday, March 1

Entrées (choose one)

- ¹Clubhouse Sub with chips ²PBJ with chips
³Mandarin Orange Chicken served over Rice

Vegetables (choose many)

Vegetable Egg Roll, Fresh Steamed Broccoli, Carroteenies

Fruits (choose one of each)

Fresh Strawberries, Fresh Fruit and Fruit Cup

Friday, March 2

Entrée (choose one) ¹Slice of Big Daddy's® Pizza ²PBJ

Vegetables (choose many)

Fresh Garden Salad
Cucumber Slices, Turnip Greens

Entrée (choose one)

²POTATO BAR with all the fixings

Vegetables (choose one) Garden Salad

Fruits (choose 1 fresh fruit and 1 fruit cup)

Fresh Fruit and Fruit Cup

Monday, March 5

Entrées (choose one) ¹Hot Dog with all the fixin's

²Grilled Chicken Sandwich, L/T/P

Vegetables (choose many)

Fries, Cole-Slaw, Baked Beans

Fruits (choose one of each)

Fresh Fruit and Fruit Cup

Tuesday, March 6

Entrees (choose one) ¹Bosco® Sticks w/ pizza sauce

²Beefy Chili Beans with chips and crackers

Vegetables (choose many)

Turnip Greens, Steamed Corn

Fruits (choose one of each)

Fresh Grapes, Fresh Fruit and Fruit Cup

Wednesday, March 7

Entrée (choose one) ¹BBQ Sandwich with Chips

Entrée (choose one) ¹PBJ ²Sunbutter® and Jelly

³Grilled Cheese Sandwich

offered with Chicken Noodle Soup

Vegetables (choose many)

Fresh Cucumber Slices, Celery Sticks, Cole Slaw

Fruits (choose one of each)

Fresh Fruit and Fruit Cup

Thursday, March 8

Entrees (choose one) ¹Oven Roasted Chicken

²Sliced Smoked Ham ³PBJ (no roll)

each offered with School Roll

Vegetables (choose many)

Green Beans, Mashed Potatoes

Fruits (choose one of each)

Fresh Fruit and Fruit Cup

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

SCHOOL BREAKFAST WEEK, MARCH 5-9

We're celebrating this often over-looked meal!

BREAKFAST MENU

Kellogg's™ Pop-tart® twin-pack

Banana Chocolate Chunk Bar

Breakfast Bun



Cereal BIG Cup

Yogurt Parfait (Granola topping)

Pillsbury Mini Pancakes



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 5-9** 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!

"USDA is an equal opportunity provider and employer."

Friday, March 9

Entrée (choose one) ¹Pizza Crunchers ²PBJ

Vegetables (choose many)

Steamed Broccoli, Garden Salad, Parmesan Carrots

Entrée (choose one) ²POTATO BAR

with all the fixings

Vegetables (choose one)

Garden Salad

Fruits (choose one of each)

Fresh Fruit and Fruit Cup



*Daylight Saving Time
begins on Sunday,
March 11 at 2:00 a.m.*

Monday, March 12

Entrées (choose one)

¹Vegetable Chili Beans with crackers

²Popcorn Chicken offered with Dinner Roll

Vegetables (choose one)

Yukon Gold Potatoes

Steamed Broccoli Florets, Cucumber Slices

Fruits (choose one of each)

Fresh Fruit and Fruit Cup

Tuesday, March 13

Entrées (choose one) ¹Cheeseburger

²Deli Chicken Sandwich

Vegetables (choose one)

L/T/P, Green Beans, Corn ^{on the} Cob

Fruits (choose one of each)

Fresh Fruit and Fruit Cup

Wednesday, March 14

¹Grilled Cheese Sandwich ²PBJ

³Sunbutter® & Jelly Sandwich

Vegetables (choose many)

Vegetable Beef Soup,

Celery Sticks, Fresh Garden Salad

Fruits (choose 1 of each)

Fresh Grapes, Fresh Fruit and Fruit Cup

Thursday, March 15

Entrées (choose one)

¹Sliced Turkey ²Sliced Ham
each offered with School Roll ³PBJ (no roll)

Vegetables (choose many)

Black-eyed Peas, Mashed Potatoes

Fruits (choose one of each)

Fresh Fruit and Fruit Cup

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

Friday, March 16

Entrées (choose one) ¹Slice of Big Daddy's® Pizza

²PBJ Uncrustable®

Vegetables (choose many)

Roasted Cauliflower, Red Pepper Strips, BLT Chop Salad

Entrées (choose one) ³POTATO BAR with all the fixings

Vegetables (choose one) Salad, Pepper Strips

Fruits (choose one of each)

Fresh Fruit and Fruit Cup

Monday, March 19

Entrées (choose one) Buffalo Chicken Wings

offered with Dinner Roll

Vegetables (choose many)

French Fries, Pinto Beans, Celery Sticks

Fruits (choose one of each)

Fresh Fruit and Fruit Cup

Tuesday, March 20

BUILD YOUR OWN SUB

Entrées (choose one) ¹Turkey and Cheese SUB

²Steak and Cheese SUB ³Chicken Salad Sandwich
each offered with Chips

Vegetables (choose many)

Assorted Fresh Toppings, Baby Carrots

Fruits (choose one of each)

Fresh Strawberries, Fresh Fruit and Fruit Cup

Wednesday, March 21

Entrées (choose one) ¹Fish Fillet Sandwich with Chips

Entrées (choose one)

¹Grilled Cheese Sandwich ²PBJ ³Sunbutter® & Jelly Sand.
each offered with Chicken & Rice Soup

Vegetables (choose many)

Green Beans, Cucumber Slices, Cole Slaw

Fruits (choose one of each)

Fresh Grapes, Fresh Fruit and Fruit Cup

Thursday, March 22

Entrées (choose one) ¹Manager Planned Sandwich ²PBJ

each offered with Chips

³Mandarin Orange Chicken over Rice

with Vegetable Egg Roll

Vegetables (choose many)

Steamed Broccoli Florets, Celery Sticks

Fruits (choose one of each)

Fresh Fruit and Fruit Cup

Friday, March 23

Entrée (choose one) ¹Homemade Stromboli

²PBJ Uncrustable®

Vegetables (choose many)

Pizza Sauce, Steamed Corn, Garden Salad

Entrée (choose one) ³POTATO BAR with all the fixings

Vegetables (choose one) Garden Salad

Fruits (choose one of each)

Fresh Fruit and Fruit Cup

Monday, March 26

Entrées (choose one) ¹Corn Dog Nuggets

²Manager Planned Entrée

Vegetables (choose many)

Red Roasted Potatoes, Baked Beans

Fruits (choose one of each)

Fresh Fruit and Fruit Cup

Tuesday, March 27

BUILD YOUR OWN NACHOS

Entrées (choose one) ¹Chicken ²Original Taco

over tortilla chips with cheese

Vegetables (choose many)

Fresh Toppings, Guacamole, Steamed Corn

Fruits (choose one of each)

Fresh Fruit and Fruit Cup

Wednesday, March 28

Entrées (choose one) ¹Deli Chicken Sandwich

²SunButter® & Jelly ³PBJ

Vegetables (choose many)

L/T/P, Baked Potato Soup, Assorted Vegetables

Fruits (choose one of each)

Fresh Grapes, Fresh Fruit and Fruit Cup

Thursday, March 29

Entrées (choose one) ¹Classic Chili w/ chips and cheese

²PBJ w/ chips ³Macaroni and Cheese

Vegetables (choose many)

Green Beans, Baby Carrots

Fruits (choose one of each)

Fresh Strawberries, Fresh Fruit and Fruit Cup

Homemade Gingerbread

Friday, March 30

Entrée (choose one) ¹Slice of Big Daddy's® Pizza

²PBJ Uncrustable®

Vegetables (choose many)

Steamed Broccoli, Garden Salad, Red Pepper Strips

Entrée (choose one)

Grilled Chicken Salad

Vegetables (choose many) Red Pepper Strips

Fruits (choose one of each)

Fresh Fruit and Fruit Cup

MARCH IS NATIONAL NUTRITION MONTH

National Nutrition Month is an educational campaign focusing on the significance of physical fitness as well as eating nourishing meals. Taking charge of your health contributes to overall wellbeing; as well as losing weight or staying at your ideal weight, which reduces risks of chronic illness such as heart disease and diabetes.