

Menus for
March
2017



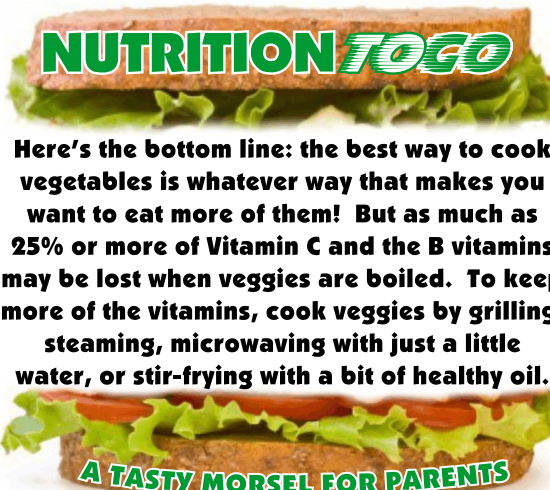
**Conemaugh Township
Middle / High School**

Lunch \$2.25, Reduced \$.40
Breakfast is FREE

NUTRITION TO GO

Here's the bottom line: the best way to cook vegetables is whatever way that makes you want to eat more of them! But as much as 25% or more of Vitamin C and the B vitamins may be lost when veggies are boiled. To keep more of the vitamins, cook veggies by grilling, steaming, microwaving with just a little water, or stir-frying with a bit of healthy oil.

A TASTY MORSEL FOR PARENTS



OFF THE GRIDDLE.

Eating a healthy breakfast is SO important, we shouldn't let traditional thinking stop us from eating a morning meal. Don't like eggs or juice or bananas or bacon? Have a piece of ham with fresh veggies on 100% wheat bread. It's still breakfast, we promise!



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

Is there a Doctress in the house?



Sounds silly, doesn't it? But, believe it or not, that's what people used to call a female doctor! Just like a female poet was a "poetess" and a female professor was a "professoress." Do you think that the words "waitress" and "actress" will sound as silly to people in the future as "doctress" does to us now?

Wednesday, March 1

Breakfast
English Muffin

Lunch
Pierogie Pizza
Or
Hot Dog

Cauliflower
Baked Beans
Fruit

Thursday, March 2

Breakfast
Breakfast Pizza

Lunch
Chicken Fajita
or
Chicken Nachos

Rice, Broccoli
Lettuce & Tomato
Fruit

Friday, March 3

Breakfast
Mini Loaf

Lunch
Grilled Cheese Sandwich
Or
Fish Sticks

Tomato Soup
Potato Smiles
Carrot Sticks
Fruit

Monday, March 6

Breakfast
Cinni Minis

Lunch
Chicken Nugget w/ Roll
Or
Deli Sandwich

Tater Tots
Baked Beans
Fruit

Tuesday, March 7

Breakfast
Bagel w/ Cream Cheese

Lunch
Pasta w/ Meat Sauce
Or
Chicken Quesadilla

Italian Bread
Tossed Green Salad
Carrots
Fruit

Wednesday, March 8

Breakfast
Assorted Muffins

Lunch
Turkey Bacon Croissant
Or
Ham & Cheese Pretzel Sand

Sweet Potato Fries
Cauliflower
Fruit

Thursday, March 9

Breakfast
Breakfast Pizza

Lunch
Hot Meat Sandwich
Or
Corn Dog

Mashed Potatoes
Corn
Fruit

Friday, March 10

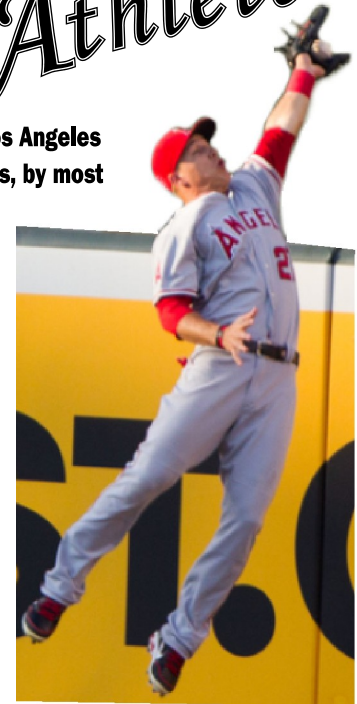
Breakfast
Dutch Waffle

Lunch
Pizza
Or
Tuna Salad Sandwich

Tossed Salad
Sweet Potatoes
Fruit

PORTRAITS OF
SPECTACULAR
Athletes

Mike Trout of the Los Angeles Angels of Anaheim is, by most counts, the best baseball player on the planet. Trout is only 25 years old, and has been a regular player for five years. During that time, he was named American League Most Valuable Player twice – and finished second the other three times!



Keith Allison/CC BY 2.0

MIKE TROUT

Monday, March 13

Breakfast

Pancakes

Lunch

Chicken Tenders w/ Dip
Or
Pretzel Dogs

Pierogies
Cauliflower
Fruit

Tuesday, March 14

Breakfast

Smores

Lunch

Chicken over Biscuits
Or
Bologna & Cheese Sand

Mashed Potatoes
Peas & Carrots
Fruit

Wednesday, March 15

Breakfast

Churro

Lunch

Meatball Sandwich
Or
Ranch Chicken Wrap

Tater Tots
Broccoli
Fruit

Thursday, March 16

Breakfast

Eggs & Hash Browns

Lunch

Cheeseburger
Or
Chicken Tetrizzini

Fries
Corn
Fruit

Friday, March 17

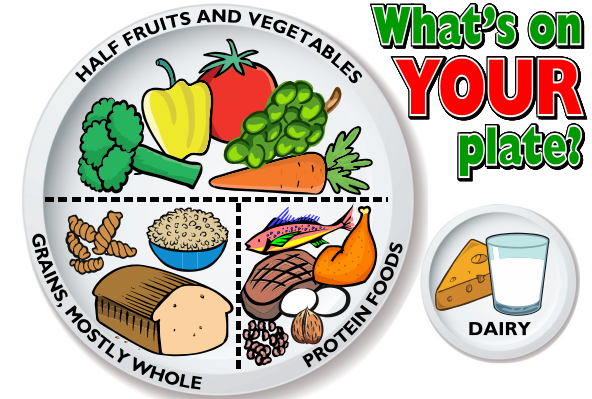
Breakfast

Cinnamon Rolls

Lunch

Pizza
Or
Chicken Salad Sandwich

Tossed Green Salad
Green Beans
Fruit



REAL Irish food!

Corned beef and cabbage? Sorry, not really a traditional Irish meal! But here's an easy (and scrumptious) dish to try that IS authentically Irish: "Colcannon." It's usually a combination of mashed potatoes with kale, green onions, and sweet cream butter, and Colcannon is about as Irish as food gets — especially when, as here, it's served with lamb and roasted root vegetables! There's even an old



traditional song about this Irish favorite:

*Did you ever eat Colcannon, made from lovely pickled cream?
With the greens and scallions mingled like a picture in a dream.
Did you ever make a hole on top to hold the melting flake
Of the creamy, flavoured butter that your mother used to make?*

Colcannon is easy to make and there are plenty of recipes with all sorts of variations on-line! And besides, how many songs do you know about corned beef and cabbage?!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, March 20

Breakfast

Donut

Lunch

Philly Cheesesteak
Or
Chili w/ Roll

Smiley Fries
Peas
Fruit

Tuesday, March 21

Breakfast

Breakfast Burrito

Lunch

Popcorn Chicken
Or
Teriyaki Chicken Sand

Macaroni & Cheese
Sweet Potato
Broccoli
Fruit

Wednesday, March 22

Breakfast

Donut Holes

Lunch

Lasagna
Or
Hot Ham & Cheese Sandwich

Italian Bread
Tossed Salad
Green Beans
Fruit

Thursday, March 23

Breakfast

Flapsticks

Lunch

Chicken Patty Sandwich
Or
Ravioli w/ Roll

French Fries
Baked Beans
Carrot Sticks
Fruit

Friday, March 24

Breakfast

French Toast Sticks

Lunch

Pizza
Or
Un crustable PB & J
3rd: Chicken Nugget

Tossed Salad
Roasted Carrots
Fruit

Monday, March 27

Breakfast

Smores

Lunch

General Tso's Chicken or
Popcorn Chicken or
Sloppy Joe

Rice
Oriental Vegetables
Celery Sticks
Fruit

Tuesday, March 28

Breakfast

Waffles

Lunch

Soft Shell Taco
Or
Nachos Grande

Breadstick
Corn
Carrots
Fruit

Wednesday, March 29

Breakfast

Assorted Muffins

Lunch

Cheeseburger
Or
Hot Dog

Tater Tots
Baked Beans
Fruit

Thursday, March 30

Breakfast

Breakfast Pizza

Lunch

Chef Salad w/ Pretzel
Or
Baked Italian Hoagie

Chicken Noodle Soup
French Fries
Broccoli
Fruit

Friday, March 31

Breakfast

Fruit Frudel

Lunch

Grilled Cheese Sandwich
Or
Fish Sticks

Tomato Soup
Sweet Tater Fries
Peas
Fruit