

Menus for  
**March**  
2017

**Conemaugh Township  
Elementary School**

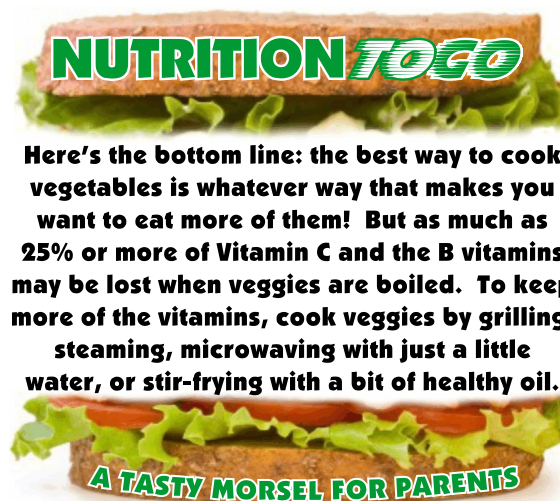
Lunch \$2.05, Reduced \$.40  
Breakfast is FREE



**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**

**HAPPY BIRTHDAY  
DR SUESS!**  
Green Eggs & Ham

**Lunch**  
Chicken Fajita  
or  
Chicken Nachos

Rice, Broccoli  
Lettuce & Tomato  
Fruit  
BIRTHDAY CAKE

**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**

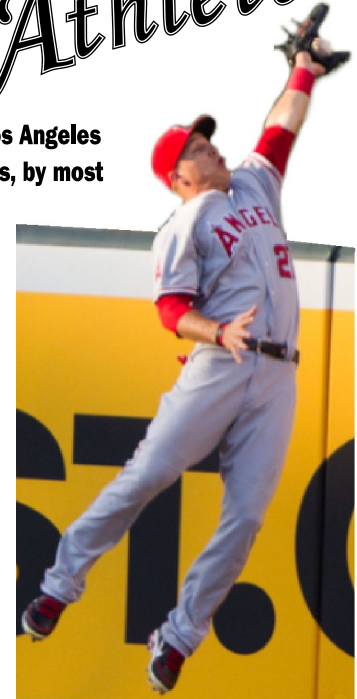
**Breakfast**  
Dutch Waffle

**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

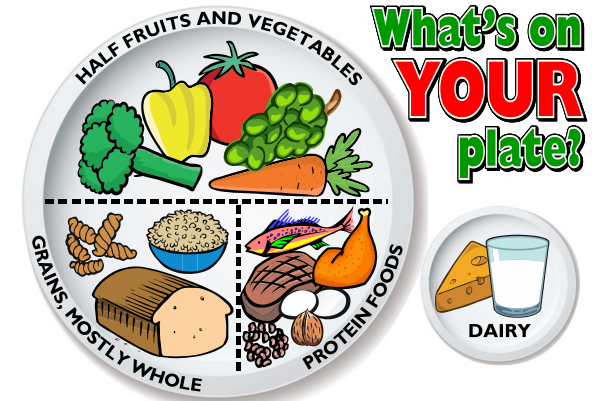
**Breakfast**

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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](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