

# MARCH 2024

SHS



## AVAILABLE DAILY

**Daily Breakfast**  
Assorted Cereal  
Yogurt w/ Grahams  
Fruit & Fruit Juice Variety

**Daily Lunch**  
PBJ w/ Cheddar Goldfish  
Yogurt w/ Cheesestick & Grain  
Assorted Fresh Fruits

**Milk Choice**  
1% Unflavored  
FF Chocolate or Strawberry

### Daily Deli Offerings

#### Monday

Turkey Sub, Assorted Salads, Cheeseburger, Pizza, Yogurt Parfait

#### Tuesday

Italian Sub, Assorted Salads, Cheesesteak Wrap,

Chicken Tenders, Yogurt Parfait

#### Wednesday

Ham Sub, Assorted Salads, Crispy & Spicy Chicken Patty, Papa John's Pizza, Blue Jay Box

#### Thursday

Italian Sub, Assorted Salads, Crispy & Spicy Chicken Wrap, Bacon Cheeseburger, Chicken Nuggets

#### Friday

Assorted Subs, Assorted Salads, Beef Hot Dog, Pizza

### Friday March 1

**Breakfast**  
Assorted Muffins

**Lunch**  
Cheeseburger  
Hot Dog  
Potato Smiles  
Baby Carrots  
Fresh Apple Slices

### Monday March 4

**Breakfast**  
Mini Apple  
Breakfast Bites

**Lunch**  
Chicken Wings w/ Roll  
Fish Nuggets w/ Roll  
Potato Wedges  
Baby Carrots  
Applesauce Cup

### Tuesday March 5

**Breakfast**  
Breakfast Bar

**Lunch**  
French Toast Sticks  
w/ Sausage Patty  
Breakfast Pizza  
Tater Tots  
Celery Sticks  
Orange Juice

### Wednesday March 6

**Breakfast**  
Blue Jay  
Breakfast Sandwich

**Lunch**  
Papa John's Pizza  
Mandarin Orange Chicken  
w/ Rice  
Seasoned Broccoli  
Red & Green Pepper  
Veggie Cup  
Frozen Fruit Cup  
Fiesta Soup

### Thursday March 7

**Breakfast**  
Piggiestick

**Lunch**  
Walking Taco  
Chicken Fajitas  
Chipotle Bean Salad  
Shredded Lettuce & Diced  
Tomato Cup  
Cool Pears

### Friday March 8

**Breakfast**  
Blueberry  
Crumb Cake

**Lunch**  
Cheesesteak  
Meatball Sub  
Mixed Vegetables  
Cucumber Veggie Cup  
Fresh Apple Slices

**ALL STUDENTS  
EAT ALL MEALS  
AT NO COST  
AGAIN THIS  
YEAR**

**This institution is  
an equal  
opportunity  
provider.**



**National School Breakfast Week : SURF'S UP WITH SCHOOL BREAKFAST!**

**Monday  
March 11**

**Breakfast**

Assorted  
Bread Slices

**Lunch**

Chicken Tenders w/ Roll  
Italian Sub  
Baked Beans  
Baby Carrots  
Applesauce Cup

**Tuesday  
March 12**

**Breakfast**

Breakfast Bun

**Lunch**

Spaghetti & Meat Sauce  
w/ Breadstick  
Crispy Fish Sticks  
w/ Breadstick  
Seasoned Green Beans  
Garden Salad  
w/ Tomatoes  
Frozen Fruit Cup

**Wednesday  
March 13**

**Breakfast**

Toasted Pastry

**Lunch**

Papa John's Pizza  
Buffalo Chicken  
Mac & Cheese  
Buttery Corn  
Marinated  
Vegetable Salad  
Chilled Mixed Fruit  
Wedding Soup

**Thursday  
March 14**

**Breakfast**

Pigglegstick

**Lunch**

General Tso's Chicken  
w/ Rice  
BBQ Teriyaki Chicken  
w/ Rice  
Seasoned Broccoli  
Red & Green Pepper  
Veggie Cup  
Pineapple Tidbits

**Friday  
March 15**

**Breakfast**

Assorted Muffins

**Lunch**

Shamrock Chicken  
Nuggets w/ Roll  
Ham + Cheese on  
Pretzel Bun  
Oven Baked Fries  
Cucumber Veggie Cup  
Fresh Apple Slices  
Shamrock Cookies  
**St. Patrick's Day  
Celebration**

**Monday  
March 18**

**Breakfast**

Mini Apple  
Breakfast Bites

**Lunch**

Chicken Patty Sandwich  
Spicy Chicken  
Patty Sandwich  
Rib BBQ Sandwich  
Sweet Potato Fries  
Baby Carrots  
Applesauce Cup

**Tuesday  
March 19**

**Breakfast**

Breakfast Bar

**Lunch**

Shepherd's Pie  
w/ Biscuit  
Grilled Cheese Sandwich  
Garden Peas  
Cucumber Veggie Cup  
Chilled Mixed Fruit  
Tomato Soup

**Wednesday  
March 20**

**Breakfast**

Blue Jay  
Breakfast Sandwich

**Lunch**

Papa John's Pizza  
Max Sticks w/ Pizza Sauce  
Seasoned Broccoli  
Celery Sticks  
Mandarin Oranges

**Thursday  
March 21**

**Breakfast**

Pigglegstick

**Lunch**

Walking Taco  
Chicken Fajita  
Crazy Bean Salad  
Shredded Lettuce &  
Diced Tomato Cup  
Juicy Peaches

**Friday  
March 22**

**Breakfast**

Blueberry  
Crumb Cake

**Lunch**

Popcorn Chicken Bowl  
w/ Roll  
Turkey & Cheese on Bun  
Fluffy Mashed Potatoes  
Buttery Corn  
Fresh Apple Slices

**Monday  
March 25**

**Breakfast**

Assorted Bread Slices

**Lunch**

Chicken Drumstick  
w/ Biscuit  
Pulled Pork Sandwich  
Baked Beans  
Baby Carrots  
Cool Pears

**Tuesday  
March 26**

**Breakfast**

Breakfast Bun

**Lunch**

Shrimp Poppers  
w/ Mac & Cheese  
Chicken Cheesesteak Sub  
Seasoned Green Beans  
Celery Sticks  
Chilled Mixed Fruit

**Wednesday  
March 27**

**Breakfast**

Toasted Pastry

**Lunch**

Papa John's Pizza  
Buffalo Chicken Pizza  
Sweet Potato Fries  
Buttery Corn  
Sidekicks Icy  
Chicken Noodle Soup

**Schools are  
Closed for  
Students  
March 28-April 7  
for Spring Break.**

**New on-line meal payments  
system is  
LINQ Connect.**

**Information needed:  
Student first & last name  
Student date of birth**



**3 Easy Steps!**

- 1. Register at  
<https://linqconnect.com>**
- 2. Confirm Email**
- 3. Sign in**



- Make online payment for cafeteria meal accounts**
- Remotely monitor meal accounts**
- Set up automatic payments**
- Set up low balance e-mail message alerts**