



BREAKFAST @SCHOOL

For first-class learning!
High School

Featuring
Healthy Fruits
& Grains!

BREAKFAST MENU
FOR MARCH 2017

This institution is an equal opportunity provider and employer.



to cool off on special holiday mornings with a treat called Pavlova, which features meringue and fresh fruit!



Daily

- Fruit
- 100% Fruit Juice
- 100% Vegetable Juice
- 1% White Milk
- Fat Free Flavored Milk

Daily A la Carte

- Beverages
- Select Baked Goods
- Breakfast Sandwiches

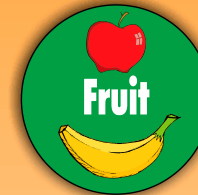
Other Meals Daily

- Homemade Parfaits
- Breakfast Bagel Meal
- Cold Cereals & Grahams
- Fruit/Fruit Juice
- Milk Choice



First things First

To make a breakfast,
choose at least one



or



and at
least
three
items
total



Hempfield School District

Monday

Choose Any 1 Entrée

- Eggo Mini Pancakes w/ Syrup
- Pillsbury Mini Cinnis
- Chocolate Chip Muffin
- Kellogg's Pop Tarts
- Super Bakery Donuts
- Fruit/Juice Choice
- Milk Choice



Tuesday

Choose Any 1 Entrée

- French Toast Sticks w/ Sausage & Syrup
- Pillsbury Strudel
- Kellogg's Pop Tarts
- Super Bakery Donuts
- Fruit/Juice Choice
- Milk Choice

TUESDAY Sandwich

- Egg, Cheese & Bacon on English Muffin

Wednesday

Choose Any 1 Entrée

- Sky Blue Sweet Roll
- Pillsbury Strudel
- Kellogg's Pop Tarts
- Super Bakery Donuts
- Fruit/Juice Choice
- Milk Choice

WEDNESDAY Sandwich

- Egg, Cheese & Sausage on English Muffin Sandwich

Thursday

Choose Any 1 Entrée

- Nardone's Breakfast Pizza
- Sky Blue Sweet Roll
- Kellogg's Pop Tarts
- Super Bakery Donuts
- Fruit/Juice Choice
- Milk Choice

THURSDAY Sandwich

- Egg, Cheese & Bacon on English Muffin

Friday

Choose Any 1 Entrée

- Chef's Choice
- Warm Dutch Waffle
- Pillsbury Mini Cinnis
- Chocolate Chip Muffin
- Kellogg's Pop Tarts
- Super Bakery Donuts
- Fruit/Juice Choice
- Milk Choice



Still the best deal in town!

Secondary
Reduced Breakfast

\$0.00

Secondary
Breakfast

\$1.50

Get in touch with us today to learn more about free and reduced-price meals in our district:
717-898-5566

Main Event

Wednesday, March 1

Fish Sandwich on White Roll w/ Lettuce & Tomato
Featured Fry
100% Assorted Fruit Juices & Apple Slices
Milk Choice

Thursday, March 2

Hot & Spicy Tyson Chicken Patty Sandwich on Wheat Roll
w/ Lettuce, Tomato & Pickles
Featured Fry
100% Assorted Fruit Juices & Mandarin Oranges
Milk Choice

Friday, March 3

Brunch Lunch Slam Day
Pancakes & Scrambled Eggs
2 Sausage Links
100% Assorted Fruit Juices & Assorted Fruit
Milk Choice

Early Dismissal

fresh garden bar!



Carrot Sticks
Broccoli

Celery Sticks
4 Bean Salad

Daily

A Variety of Fruits Available Daily

Students must choose 3 of the 5 items for a complete meal.

**Protein
Bread
Fruit
Vegetable
Milk**



One of the 5 components must be a fruit or vegetable for a complete meal.

Students do not have to choose a milk and may choose to purchase an alternate beverage.

Main Event

Monday, March 6

Hot Turkey Sandwich w/ Mashed Potatoes & Gravy
Steamy Green Beans
100% Assorted Fruit Juices & Assorted Applesauce Cups
Pudding With Topping
Milk Choice

No Black Knight Meal Offered Today

Tuesday, March 7

Double Chicken Fajitas
w/ Onions, Peppers, Shredded Lettuce, Cheese, Salsa & Rice
Chocolate Pudding w/ Topping
100% Assorted Fruit Juices & Pineapple Tidbits
Milk Choice

Wednesday, March 8

General Tso Chicken w/ Rice & Steamy Broccoli Florets
Fortune Cookie
100% Assorted Fruit Juices & Mandarin Oranges
Milk Choice

Thursday, March 9

Hot Ham & Cheese on Pretzel Roll
Golden Corn
100% Fruit Juices and Sliced Peaches
Milk Choice

Friday, March 10

Fish Sandwich on White Roll w/ Lettuce & Tomato
Featured Fry
100% Assorted Fruit Juices & Assorted Fruit
Milk Choice

Monday, March 13

Chicken Sticks w/ Mashed Potatoes & Gravy
Garlic Knot or Whole Grain Breadstick
100% Assorted Fruit Juices & Raisin Boxes
Milk Choice

Tuesday, March 14

Walking Taco w/ Shredded Lettuce, Cheddar Cheese, Salsa and Rice
100% Assorted Fruit Juices & Pineapple Tidbits
Milk Choice

Wednesday, March 15

Chef's Choice
Chef's Vegetable Choice
Assorted Fruit
Milk Choice

Thursday, March 16

Chef's Choice
Chef's Vegetable Choice
Assorted Fruit
Milk Choice

Friday, March 17

No School

**Hempfield School District
High School
March 2017**



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Main Event

Monday, March 20

Bacon Cheeseburger on Wheat Roll
Featured Fry
100% Assorted Fruit Juices & Mandarin Oranges
Milk Choice

Tuesday, March 21

Max Cheese Sticks /w Marinara Sauce
Tossed Salad w/ Cherry Tomatoes and Dressing
Steamy Green Beans
Chocolate Pudding w/ Topping
100% Assorted Fruit Juices & Apple Slices
Milk Choice

Wednesday, March 22

Pulled Pork Sandwich w/ Tangy BBQ Sauce
Featured Fry
100% Assorted Fruit Juices & Sliced Pears
Milk Choice

Thursday, March 23

Hot & Spicy Tyson Chicken Patty Sandwich on Wheat Roll
w/ Lettuce, Tomato & Pickles
Featured Fry

100% Assorted Fruit Juices & Mandarin Oranges
Milk Choice

Friday, March 24

Pasta Bar w/ Spolettini Roll or Garlic Knot
Tossed Salad w/ Cherry Tomatoes & Dressing
Red Sauce w/ Meat or Alfredo Sauce
100% Assorted Fruit Juices or Assorted Fruit
Milk Choice

Monday, March 27

Chicken Sticks w/ Mashed Potatoes & Gravy
Garlic Knot or Whole Grain Breadstick
100% Assorted Fruit Juices & Raisin Boxes
Milk Choice

Tuesday, March 28

Popcorn Chicken Bowl w/ Mashed Potatoes, Gravy, Cheese, Breadstick, and Golden Corn
100% Assorted Fruit Juices & Assorted Fruit
Milk Choice

Wednesday, March 29

Meatball Sub w/ Mozzarella Cheese
Steamy Seasoned Green Beans
Chocolate Pudding w/ Topping
100% Assorted Fruit Juices & Apple Slices
Milk Choice

Thursday, March 30

Double Chicken Fajitas
w/ Onions, Peppers, Shredded Lettuce, Cheese, Salsa & Rice
Chocolate Pudding w/ Topping
100% Assorted Fruit Juices & Pineapple Tidbits
Milk Choice

Friday, March 31

Brunch Lunch
French Toast & Sausage
Tater Tots
100% Assorted Fruit Juices & Assorted Fruit
Milk Choice

Early Dismissal



Monday
Homemade Pizza

Tuesday
Big Daddy's Cheese or Pepperoni Pizza
Or
Buffalo Chicken Pizza


Wednesday
Big Daddy's Cheese or Pepperoni Pizza
Or
Buffalo Chicken Pizza

Thursday
Domino's Cheese or Pepperoni Pizza
(Thursday, March 16th Homemade Pizza)

Friday
Chef's Pizza Choice

Must take a fruit and/or vegetable for a complete meal.

Make it a meal or a la carte for \$2.00 a slice

	Black Knight Meal Monday, Wednesday & Friday Breaded Chicken Filet Sandwich Featured Vegetable Fruit & Milk Choice
	Tuesday & Thursday Double Cheeseburger Featured Vegetable Fruit & Milk Choice Served on Wheat Rolls
\$4.00 Student \$4.65 Adult	



Additional Meal Options & A la Carte Options

Fresh Made Grab n Go Salads

Grilled Chicken Buffalo Chicken
Cobb Salad Chef Salad
Chicken Salad on Greens

Student Pricing

Grab n Go Salad Meal \$2.75
Grab n Go Salad A la Carte \$2.00
Grab n Go Salad w/Cup of Soup \$3.75
Premium Salad Meal \$4.50
Premium Salad A la Carte \$4.00
Premium Salad w/Cup of Soup \$5.00

Student meal includes fruit choice, milk choice, and breadstick.

Adult Pricing

Grab n Go Salad Meal \$3.25
Grab n Go Salad A la Carte \$2.00
Grab n Go Salad w/Cup of Soup \$4.25
Premium Salad Meal \$5.00
Premium Salad A la Carte \$4.00
Premium Salad w/Cup of Soup \$5.50

Adult meal includes fruit choice, breadstick, and beverage choice of one 1/2 pint milk, iced tea, large or small bottled water.

Soup Prices

Cup of Soup \$1.85 Bowl of Soup \$2.35

EVERY WEDNESDAY

Subway Meal
Choice of Subway Sub
Fruit Choice
Vegetable Choice
Sun Chips
Milk Choice



Student \$4.00
Adult \$4.65
A la Carte \$3.50

Must take a fruit and/or vegetable for a complete meal.

Adult meal beverage choice of one 1/2 pint milk, iced tea, large or small bottled water with any meal.

Grab n Go Deli Station Student \$3.80

Grab n Go Deli Station Adult \$4.65

Pre-Made Deli Sandwiches

Fruit Choice

Vegetable Choice

Sun Chips

Milk Choice



Adult meal beverage choice of one 1/2 pint milk, iced tea, large or small bottled water with any meal.

Grab n Go Deli A la Carte \$2.85

COLLEGE CORNER CAFÉ
BAGEL MEAL
\$4.00 Student/\$4.25 Adult

Bagel
Bug Bites
Yogurt
Vegetable
Fruit & Milk



High School Soups March 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Tomato Basil</i>	2 <i>Chili & Cornbread</i>	3 <i>Chef's Choice</i>	4
5	6 <i>Broccoli & Cheese</i>	7 <i>Turkey Noodle</i>	8 <i>Tomato</i>	9 <i>Macaroni & Cheese</i>	10 <i>Chef' Choice</i>	11
12	13 <i>Potato Bacon</i>	14 <i>Turkey Corn Noodle</i>	15 <i>Pepper-Jack Tomato</i>	16 <i>Chili and Corn Bread</i>	17 IN-SERVICE DAY	18
19	20 <i>Broccoli & Cheese</i>	21 <i>Turkey Pot Pie</i>	22 <i>Tomato Basil</i>	23 <i>Macaroni & Cheese</i>	24 <i>Chef's Choice</i>	25
26	27 <i>Potato Bacon</i>	28 <i>Turkey Noodle</i>	29 <i>Tomato</i>	30 <i>Chili & Cornbread</i>	31 <i>Chef's Choice</i>	



Specialty Salad Schedule

MARCH 2017



Thursday 3/2: Specialty Chef Salad

Tuesday 3/7: Chicken Salad on Greens

**Thursday 3/9: Cranberry, Almond, Feta
Cheese on Spinach Salad**

**Tuesday 3/14: Buffalo Chicken Salad w/
Blue Cheese**

Thursday 3/16: Cobb Salad

Tuesday 3/21: Caesar Salad

Thursday 3/23: Oriental Chicken Salad

Tuesday 3/28: Bacon Chicken Ranch Salad

Thursday 3/30: Specialty Chef Salad