

# Beaver Falls Middle School

## March 2017 Lunch Menu

Food Service Director: Yvette Jester  
 Jestery@tigerweb.org  
 724.843-7470 x 1326



### What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate  
 Choice of Vegetable, Choice of Fruit\*  
 Choice of Grain/Bread,  
 and Choice of Milk  
 \*Students must choose at least one fruit or vegetable

### Fresh Fruits and Vegetables Offered Daily

**\*Vegetables include:**  
 Broccoli Florets  
 Baby Carrots  
 Dark Leafy Greens  
 Legume Salads  
 Celery & Cucumber  
 \*May choose two 1/2 cup servings

**\*Fruits include:**  
 Sliced Apples  
 Sliced Peaches  
 Mixed Fruit  
 Fresh Orange  
 Banana  
 Pineapple Tidbits  
 Diced Pears  
 Applesauce  
 \*May choose 1/2 cup serving

**MENUS SUBJECT TO CHANGE**



A wide variety of sandwiches, wraps, specialty salads and yogurt parfaits are available daily!



### Milk Choices Offered Daily

1% white, non-fat white, non-fat flavored

Adult Lunch 3.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE	Two Chicken Sliders Baked Fries Chilled Mixed Fruit Milk Choice	3/1 Macaroni & Cheese Dinner Roll Stewed Tomatoes Chilled Pears Milk Choice	3/2 Beef Stroganoff Over Noodles Whole Grain Bread Slice Romaine Side Salad Chilled Peaches Milk Choice	3/3 Italian Dunkers Steamed Green Beans Chilled Pears Milk Choice
3/6 BBQ Rib Hoagie Coleslaw Chilled Pineapple Tidbits Milk Choice	3/7 Popcorn Chicken Po'boy Sandwich Seasoned Fries Chilled Applesauce Milk Choice	3/8 Bacon Cheeseburger On Whole Grain Bun Baked Beans Chilled Pears Milk Choice	3/9 General Tso Chicken Over Rice Steamed Broccoli Dinner Roll Chilled Diced Peaches Milk Choice Fortune Cookie	3/10 Fish Sandwich w/ Cheese Sweet Potato Fries Chilled Mixed Fruit Milk Choice
3/13 Corn Dog Glazed Carrots Chilled Peaches Milk Choice	3/14 Sloppy Joe Sandwich Steamed Corn Blueberry Crisp Milk Choice	3/15 Italian Chicken Sandwich Steamed Green Beans Chilled Applesauce Milk Choice	3/16 Saint Patrick's Day Lunch Beef Stew w/ Crackers Dinner Roll Romaine Side Salad Chilled Pears Milk Choice Sugar Cookie	3/17 No School
3/20 Crispy Chicken Sandwich w/ Lettuce, Tomato & Pickles Sweet Potato Fries Chilled Mixed Fruit Milk Choice	3/21 Meatball Hoagie Steamed Green Beans Sliced Apples Milk Choice	3/22 Two Beef Tacos Steamed Corn Chilled Peaches Milk Choice	3/23 Pasta w/ Meat Sauce Whole Grain Dinner Roll Romaine Salad Peach Crisp Milk Choice	3/24 Egg & Cheese Sandwich Tatar Tots Chilled 100% Orange Juice Milk Choice
3/27 Chicken Tenders Whole Grain Bread Slice Cheesy Broccoli Chilled Pineapple Tidbits Milk Choice	3/28 Chicken Bacon Ranch Panini Fresh Carrots Chilled Applesauce Milk Choice	3/29 Two Chicken Sliders Baked Fries Chilled Mixed Fruit Milk Choice	3/30 Popcorn Chicken Salad w/ Baked Fries Dinner Rolls Chilled Peaches Milk Choice	3/31 Fish Taco w/ Peach Salsa Cilantro Lime Rice Steamed Corn Chilled Pineapple Tidbits Milk Choice
Monday: Hamburger On Bun	Tuesday: Hot Dog On Whole Grain Bun	Wednesday: Egg & Cheese Sandwich	Thursday: Chicken Sandwich	Friday: Cheese Pizza