

MARCH 2024

PLEASANTVILLE COMMUNITY SCHOOLS

BREAKFAST & LUNCH



Birthstone: Aquamarine Flower: Daffodil
 "A dry March and a wet May - fill barns and bays
 with corn and hay."
 Daylight Savings Time on the 10th ~ Turn your
 clocks ahead 1 hour

March is National Nutrition Month! To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, fish, or something from the menu below...you might find a new favorite...just give it a try.

References: Academy of Nutrition & Dietetics, USDA



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Breakfast: Cereal & Toast will be offered with milk, juice and fruits. A second (hot) option will be available on the days indicated. Choosing the hot option will replace the choice of the cereal & toast. If a student takes both options, they will be charged for the cereal and toast as an a la carte option. 3 items are required to be a reimbursable breakfast. **Lunch:** In addition to items listed for lunch, assorted fruits and vegetables - both cooked and fresh are offered daily in MS and HS. Milk is always available in 1% white, fat free white, chocolate. A Minimum of One Fruit or Vegetable is required along with two other components to be considered a reimbursable meal. As an alternate, students may have salad bar for lunch. With this meal they must take lettuce, meat or cheese, veggies and/or fruit & bread or crackers. Cost: B: \$1.50 L: \$3.00 Reduced: B: .30 L: .40 This institution is an equal opportunity provider.

CEREAL & TOAST
 FISH STICKS
 TATOR TOTS
 SWEET CARROTS
 APPLESAUCE

COOKIE

1

CEREAL
 GO DOG GO HOT DOG
 FRENCH FRIES
 BAKED BEANS
 MIXED FRUIT

4

GREEN EGGS 'N HAM
 WOCKET 'N POCKET TACOS
 CORN
 TROPICAL FRUIT
 CHURROS

5

CEREAL & TOAST
 HOP ON HOP POP-CORN CHICKEN
 MASHED POTATOES / GRAVY
 GREEN BEANS
 MANDARIN ORANGES
 1 FISH 2 FISH GOLDFISH CRACKER

6

NATIONAL CEREAL DAY
 HOT HAM 'N CHEESE SANDWICH
 CHIPS
 FINGER VEGGIES
 PEACHES TRUFFELA TREATS

7

DONUTS
 PIZZA
 LETTUCE SALAD
 PINEAPPLE
 GRAHAM SNACKS

8



11



12



13



14



15

CEREAL
 CHICKEN SANDWICH
 FRENCH FRIES
 BAKED BEANS
 MIXED

18

No Salad Bar

BREAKFAST BAR
 LASAGNA
 GARLIC BREAD
 GREEN BEANS
 PINEAPPLE

19

No Salad Bar

CEREAL & TOAST
 BREAKFAST FOR LUNCH
 EGG PATTY, SAUSAGE
 CROISSANT TRITATOR, GOGURT
 STRAWBERRIES

20

No Salad Bar

BREAKFAST PIZZA
 DELI SANDWICH
 CHIPS
 FINGER VEGGIES
 PEACHES GRAHAM SNACK

21

CEREAL & TOAST
 BEEF BURGER
 TRI TATOR
 APPLESAUCE
 COOKIE & ICE CREAM CUP

22

CEREAL
 CHEESEBURGER
 FRENCH FRIES
 BAKED BEANS
 MIXED FRUIT

25

BISCUIT 'N GRAVY
 CRISPITO
 CORN
 TROPICAL FRUIT
 CHURRO

26

CEREAL
 CHICKEN NUGGETS
 MASHED POTATOES / GRAVY
 CARROT (HS)
 PEARS GRAHAM SNACK

27

PANCAKES
 PIZZA
 LETTUCE SALAD
 PINEAPPLE
 COOKIE

28

29

NO SCHOOL