




Director of Food & Nutrition

Erin Kiryluk | Phone: 570.945.5181 ext 3212 | Email: kiryluke@ltsd.org

**National School
Breakfast Week**

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Dunker Sandwich (Buffalo, BBQ or Plain) Cheeseburger on a Bun Mixed Vegetables Applesauce	4 Cheesy Chicken Nachos w/ Rice Meatball Hoagie Buttered Corn Pineapple Tidbits	5 Cheese Lasagna Roll Ups Chicken Nuggets w/ Noodles Seasoned Green Beans Diced Peaches	 Green Eggs & Ham! Chicken Patty on a Bun Crispy Tater Tots Mixed Fruit Red Fish, Blue Fish Jell-o Cup!	7 Cheese or Pepperoni Pizza Hot Dog on a Bun Diced Carrots Mandarin Oranges
10 Bosco Sticks w/ Marinara Dipping Sauce Cheeseburger on a Bun Diced Carrots Mixed Fruit	11  SNACK ATTACK Pasta w/ Meatballs Chicken Nuggets w/ Noodles Seasoned Green Beans Cinnamon Apples	12 Popcorn Chicken Bowl Cheesy Meatball Hoagie Buttered Corn Diced Pears	13 Italian Dunkers w/ Marinara Sauce Crispy Chicken Patty on a Bun Mixed Vegetables Mandarin Oranges	14 No School - Elem only
17 Lucky Tray Day Corn Dog on a Stick Cheeseburger on a Bun Steamed Broccoli Applesauce	18 Beef & Cheese Loaded Fries Chicken Nuggets w/ Noodles Buttered Corn Mixed Fruit	19 Brunch for Lunch French Toast Sticks w/ Sausage Cheesy Meatball Hoagie Crispy Tater Tots Cinnamon Apples	20 Pepperoni & Cheese Stromboli Crispy Chicken Patty on a Bun Seasoned Green Beans Pineapple Tidbits	21 No School - Elem only
24 Cheesesteak Hoagie Cheeseburger on a Bun Sweet Green Peas Tropical Fruit Cocktail	25 Walking Tacos w/ Nacho Doritos & Rice Chicken Nuggets w/ Noodles Buttered Corn Pineapple Tidbits	26 Creamy Mac & Cheese Cheesy Meatball Hoagie Diced Carrots Sliced Pears	27 Hot Ham & Cheese Pretzel Sandwich Crispy Chicken Patty on a Bun Oven Baked Fries Diced Peaches	28 Cheese or Pepperoni Pizza Hot Dog on a Bun Mixed Vegetables Mandarin Oranges
31 Orange Kissed Chicken Bowl w/ Rice Cheeseburger on a Bun Buttered Corn Applesauce	 <h2>National Nutrition Month</h2> <p>Recharge with a tasty lunch that's also good for you.</p>			

March Special Events



Friday, March 7th - Molly the Cow joins us for breakfast! She'll be in the lobby serving up some moo-licious yogurt treats!



Tuesday, March 11th - Join us for an Every Day Nutrition Event! Students will have the opportunity to make their own St. Patricks Day themed Trail Mix!

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

MILK OPTIONS

1% White, Fat Free Chocolate

FRUIT & VEGGIE OPTIONS

Broccoli Florets | Baby Carrots
 Dark Leafy Greens | Legume Salads
 Celery & Cucumber
 *May choose two 1/2 cup servings
 Crisp Apple | Sliced Peaches | Mixed Fruit
 Fresh Orange | Banana | Pineapple Tidbits
 Diced Pears | Applesauce

*K-8 may choose up to 1/2 cup serving.
 9th-12th may choose two 1/2 cup servings

ALTERNATE MENU OPTIONS

Monday: Turkey & Cheese Sandwich | Chicken Caesar Salad

Tuesday: Ham & Cheese Sandwich | Chef Salad

Wednesday: Italian Hoagie | Crispy Chicken Salad

Thursday: Crispy Chicken Wrap | Fruit + Yogurt Parfait

Friday: Nacho Munchable | Garden Salad w/ Egg
 Lunch Price: \$2.90