



North East Middle School—Breakfast



MARCH 2024

BREAKFAST PRICES

Students—No Charge

Adults—\$1.75

Please choose 3 items for
school breakfast:

Entrée, OR

Cereal and Toast, OR

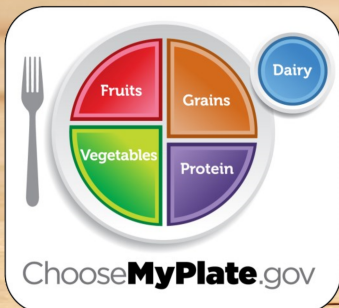
Yogurt and Toast, AND
Choice of Fruit & Milk

Milk Choices: Fat Free & 1% White,
Fat Free Chocolate, and
Seasonal Selections

Denise Pyle

Food Service Director
North East School District

MENU SUBJECT TO CHANGE



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Waffle Sandwich: Ham, Egg, & Cheese Assorted Fruit Fruit Juice Milk
4 French Toast Sticks with Syrup Assorted Fruit Fruit Juice Milk	5 Bagel Sandwich: Bacon, Egg, & Cheese Assorted Fruit Fruit Juice Milk	6 Breakfast Pizza: Traditional Assorted Fruit Fruit Juice Milk	7 Waffle Sandwich: Egg & Cheese Assorted Fruit Fruit Juice Milk	8 Cinnamon Roll & Yogurt Assorted Fruit Fruit Juice Milk
11 Pancakes Assorted Fruit Fruit Juice Milk	12 English Muffin: Sausage, Egg, & Cheese Assorted Fruit Fruit Juice Milk	13 Bagel w/ Cream Cheese Assorted Fruit Fruit Juice Milk	14 Pancake Sandwich: Ham, Egg, & Cheese Assorted Fruit Fruit Juice Milk	15 Breakfast Pizza: Bacon and Egg Assorted Fruit Fruit Juice Milk
18 Fruit Frudel Assorted Fruit Fruit Juice Milk	19 Breakfast Pretzel: Ham, Egg, & Cheese Assorted Fruit Fruit Juice Milk	20 Pancake Crunch Sandwich Assorted Fruit Fruit Juice Milk	21 Bagel Sandwich: Egg & Cheese Assorted Fruit Fruit Juice Milk	22 French Toast Sticks with Syrup Assorted Fruit Fruit Juice Milk
25 Waffles with Syrup Assorted Fruit Fruit Juice Milk	26 Breakfast Pretzel: Egg & Cheese Assorted Fruit Fruit Juice Milk	27 Breakfast Pizza: Bacon Scramble Assorted Fruit Fruit Juice Milk	28 English Muffin: Bacon, Egg, & Cheese Assorted Fruit Fruit Juice Milk	29 NO SCHOOL TODAY Spring Break

Daily breakfast options: Whole Grain Toast, Cold Cereals, Pop Tarts, Whole Grain Mini Loaves, Fresh Fruit & Fruit Juice.

All reimbursable breakfasts must include one serving of fruit. One serving of fruit equals 1/2 cup.

The USDA is an equal opportunity provider and employer.



North East Middle School—Lunch

March 2024



Lunch Prices

Students—\$2.15

Reduced and Free—No Charge

Adults—\$4.00

PLEASE CHOOSE AT LEAST 3 OF THE 5 ITEMS FOR THE SCHOOL LUNCH PRICE:

Main Entree, Fruit & Vegetable Choice,
Choice of Milk & Bread
(One Choice Must be a 1/2 Cup
Fruit or Vegetable)

Fruit Choices May Include:

Fresh Fruit, Canned Fruit, or Fruit Juice

Vegetable Choices May Include:


Hot Vegetables, Spinach Salad,
Baked Beans, Carrot Sticks,
Celery Sticks, Oven Fries, or Tater Tots

Denise Pyle

Food Service Director
North East School District

MENU SUBJECT TO CHANGE



Monday	Tuesday	Wednesday	Thursday	Friday
March is National Nutrition Month: 	Eat Breakfast: It is a key to growing healthy AND it is <u>free</u> at school.	Fill half your plate with fruits and vegetables: They are considered "nature's pharmacy."	Choose healthy drinks: Milk, unsweetened tea, 100% juice, and water are the best options.	1 Hamburger on a Bun Pepperoni Pizza Fish Sandwich Baby Carrots Mixed Veggies Chilled Fruit and Milk
4 Chicken Nuggets & Roll BBQ Chicken Pizza Au Gratin Potatoes Bold Broccoli Awesome Fruit and Milk	5 Breakfast for Lunch: Pancakes & Sausage Breakfast Pizza Potato Triangles Golden Corn Healthy Juice and Milk	6 Taco Fries & Rolls Mexican Pizza Sweet Corn Seasoned Green Beans Nutritious Fruit and Milk	7 Pasta & Meatballs with Roll Pepperoni Pizza Sweet Peas Steamed Carrots Mighty Fruit and Milk	8 Cheeseburger on a Bun Garlic Chicken Pizza Fish Sandwich Baked Beans Tasty Green Beans Assorted Fruit & Milk
11 Meatball Sub Chicken Ranch Flatbread Steamed Broccoli Baby Carrots Fancy Fruit and Milk	12 Chicken Tacos & Roll French Bread Pizza Mixed Veggies Spinach Side Salad Icy Fruit and Milk Milk	13 Corn Dog on a Stick Deep Dish Pizza Steamed Broccoli Golden Corn Fantastic Fruit and Milk	14 Chicken Burrito Ham & Cheese Pretzel Pepperoni Pizza Seasoned Green Beans Zesty Baked Beans Super Fruit and Milk	15 Grilled Cheese Sandwich Buffalo Chicken Pizza Fish Sandwich Tasty Tomato Soup Mixed Vegetables Vitamin Packed Fruit and Milk
18 Chicken Tender Sub BBQ Ribs on a Bun Homestyle Baked Beans Au Gratin Potatoes Wonder Fruit and Milk	19 Breakfast for Lunch: Waffles and Sausage Breakfast Pizza Potato Triangles Baby Carrots Masterful Fruit and Milk	20 Hot Salisbury Steak & Roll Cheesy Logs & Marinara Mashed Potatoes and Gravy Steamed Broccoli Good For You Fruit and Milk	21 Chicken Cheesesteak Sub Ham & Cheese Croissant Golden Corn Maple Carrot Coins Yummy Fruit and Milk	22 Spicy Chicken Tenders Deep Dish Pizza Fish Sandwich Seasoned Green Beans Mixed Veggies Amazing Fruit and Milk
25 Chicken Nuggets and Roll Cheeseburger on a Bun Sidewinder Potatoes Tempting Baked Beans Terrific Fruit and Milk	26 Picker Bowl with Roll Deep Dish Pizza Mashed Potatoes & Gravy Sweet Corn "Off-the-Cob" Marvelous Fruit and Milk	27 Walking Taco & Roll Buffalo Chicken Pizza Steamed Broccoli Side Spring Salad Fruit and Milk Selections	28 Grilled Turkey and Cheese Sandwich Mexican Pizza French Fries Steamed Carrots Choice of Fruit and Milk	29 NO SCHOOL TODAY Spring Break

Offered Daily: Salad Bar or Pre-Packaged Salads, Yogurt Parfait Lunch, Assorted Vegetables, Fresh Fruit, Milk

All reimbursable lunches must contain on serving fruit or vegetable. One serving equals 1/2 cup.

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