



**Southern Tioga School District
Menus for March 2010**

Available Daily

YOUR CHOICE OF:

Elementary Schools:
Regular Menu, Salad Platter OR
Uncrustable Sandwich Platter:
Mon., Wed., & Fri: Peanut Butter & Jelly
Uncrustable Sandwich on Wheat Bread
Tues. & Thurs.: Grilled Cheese Uncrustable Sandwich

High Schools:
Regular Menu Entrée, Salad Platter,
Uncrustable Peanut Butter & Jelly Sandwich
Platter on Wheat Bread, Hot Sandwich Platter
Daily Choice of: 3 Fruit & 3 Vegetables

At All Buildings:
Daily Milk Choices: White 2%, 1%, Skim, Lactaid, 1% Chocolate, or
1% Strawberry Milk

**National School
Breakfast Week
March 8-12, 2010**

Why Eat School Breakfast?

School Breakfast really is the most important meal of the day for kids as it provides the necessary fuel to start a day of learning and achievement. Research has shown that children who eat breakfast have:

Higher Academic Scores

Students who eat breakfast earn. On average, a letter grade higher in math than kids who don't, according to *Pediatrics* Magazine.

Studies have also shown eating breakfast results in higher test scores

Improved Behavior

Hungry children are more likely to have discipline problems

Satiated teens are less likely to be suspended from school.

**Reduced Tardiness and
Absenteeism**

Kids who participate in the School Breakfast Program are tardy and/or absent from school less often.

Less Visits to the Nurse's Office

Research has revealed that children who eat breakfast visit the nurse's office less often.

School Breakfast: Good for Kids

School breakfast provides 25% of the recommended daily allowance of protein, calcium and iron, vitamins A and C and calories for your kids as well as meeting federal nutrition guidelines based on the Dietary Guidelines for Americans.

Eating breakfast positively impacts weight management, as there is less risk of becoming overweight and/or obese for children who eat breakfast.

School breakfast helps to build lifelong healthy eating habits.

Monday, March 1

Crispy Chicken
Scalloped Potatoes
OR
Chef Salad Platter

Blueberry Muffin
Chilled Fruit Cocktail
Fresh Fruit, Milk

BREAKFAST
Cereal Bar
Yogurt
Chilled Juice or
Fresh Fruit, Milk
BREAKFAST BAR@HS

Tuesday, March 2

Spaghetti & Meatballs
Steamed Green Beans
OR
Chicken Caesar Salad
Platter

Italian Bread
Chilled Applesauce or
Fresh Fruit, Milk

BREAKFAST
Breakfast Bagel
Chilled Juice or
Fresh Fruit,
Milk
BREAKFAST BAR @HS

Wed., March 3

Ham Cosmo
Nacho Chips W/Salsa
Raw Vegetables
OR
Taco Salad Platter
W/Tortilla Chips

Chilled Juice or
Fresh Fruit
Orange Gelatin
Fruit Salad
Milk

BREAKFAST
Maple Flavored Waffle
Sunflower Seeds
Chilled Juice or
Fresh Fruit
BREAKFAST BAR @ HS

Thurs., March 4

Act 80 Day
1:00 PM Student
Dismissal
Cheese Steak on a Roll
Tossed Salad
OR
Chef Salad Platter
W/Wheat Roll
Fresh Fruit

Raspberry Cream Cake
Milk

BREAKFAST
Pizza
Chilled Juice or
Fresh Fruit, Milk
BREAKFAST BAR@HS

Friday, March 5

Fish Nuggets
Baked Potato
OR
Chef Salad Platter

Bread Sticks
W/Italian Sauce
Fresh Fruit, or
Chilled Strawberries
Ice Cream
Milk

BREAKFAST
Hot or Cold Cereal
String Cheese
Chilled Juice or
Fresh Fruit, Milk
BREAKFAST BAR @HS

Monday, March 8

Popcorn Chicken or
Chicken Stir Fry, Rice
Oriental Vegetables
Egg Roll
OR
Chef Salad Platter W/
Wheat Roll

Chilled Pineapple or
Fresh Fruit, Milk

BREAKFAST
Bagel W/Cream Cheese
Or Jelly
Sunflower Seeds
Chilled Juice or
Fresh Fruit, Milk
Giveaways @ES
BREAKFAST BAR @HS

Tuesday, March 9

Brunch
French Toast Sticks W/
Syrup
Hash Browns
Sausage Links
OR
Chicken Caesar Salad
Platter W/Wheat Roll

Chilled Juice,
Fruit Crisp
Milk

BREAKFAST
Hot or Cold Cereal
Cinnamon Pretzel Stick
Chilled Juice or
Fresh Fruit, Milk
Giveaways @ES
BREAKFAST BAR@HS

Wed., March 10

Cheese, Pepperoni or
Cheese Steak Pizza
Steamed Green Beans
OR
Taco Salad Platter
W/Tortilla Chips

Chilled Applesauce or
Fresh Fruit
Chilled Pudding, Milk

BREAKFAST
Blueberry Muffin
String Cheese
Chilled Juice or
Fresh Fruit, Milk
Giveaways @ES
BREAKFAST BAR @HS

Thurs., March 11

Baked Rotini/Goulash
Tossed Salad
OR
Chef Salad Platter

Italian Bread
Chilled Pears or
Fresh Fruit, Milk

BREAKFAST
Pancake W/Syrup
Sausage Link
Chilled Juice or
Fresh Fruit, Milk
Giveaways @ES
BREAKFAST BAR @HS

Friday, March 12

Hotdog or Hot Sausage on
a Bun
Pretzel Sticks
Raw Vegetables
OR
Chef Salad Platter
W/Breadstick

Chilled Peaches or
Fresh Fruit
Spice Cake, Milk

BREAKFAST
Hot or Cold Cereal
Yogurt
Chilled Juice or
Fresh Fruit, Milk
Giveaways ES
BREAKFAST BAR @HS