



BREAKFAST

Pittsylvania County Schools /
Middle Schools / March 2024



National School Breakfast Week, March 4-8, 2024

Breakfast means - “to break the fast.” It is the first meal of the day after a long period of not eating overnight.

A quick breakfast bite may be helpful in keeping you feeling satisfied and cheery until lunchtime. Studies have shown that eating breakfast can help students concentrate better in class!

Breakfast gives us the opportunity to fuel our bodies with important nutrients, such as fiber, folate, calcium, iron, vitamin A, vitamins B1, B2, B3, vitamin C, and vitamin D. If you are skipping breakfast, you could be missing out on these essential nutrients.

If you usually grab a breakfast at school, great; but if you don’t, consider giving it a try! There is no charge to students for their breakfast meal!

Start your day with breakfast at school -
it’s free!

With a school breakfast, students can choose one (1) entrée of their choice from many options such as biscuits, cereals, breakfast bars, & pastries.

In addition, fresh fruit, 100% fruit juice, and milk are offered too, and students may choose one of each of these.

Students simply pick up breakfast from the cafeteria and can take it with them to eat in their homeroom classes.

School Breakfast Week
March 4-8, 2024

No School
Friday, March 15, 2024

1st day of spring
Tuesday, March 19, 2024



					Friday, March 1, 2024
					Big Daddy’s™ Pizza Wedge Steamed Corn Fresh Garden Salad Fresh Fruit and Fruit Cup
					Big Daddy’s™ Pizza Wedge Steamed Corn Fresh Garden Salad Fresh Fruit and Fruit Cup
					Build-your-own Baked Potato w/ cheese, crackers & potato toppings Fresh Garden Salad Fresh Fruit and Fruit Cup
Serving Lines	Monday, March 4, 2024	Tuesday, March 5, 2024	Wednesday, March 6, 2024	Thursday, March 7, 2024	Friday, March 8, 2024
Grab ‘n Go	¹ BBQ Sandwich ² Chicken Filet Sandwiches Chips, Baked Beans, Carrots Fresh Fruit and Fruit Cup	¹ Grilled Cheese, ² PBJ or ³ SunButter & Jelly Sandwich Tomato Soup, Baby Potatoes Fresh Fruit and Fruit Cup	¹ Chicken Fajita Strips or ² Taco Tortilla Chips, Cheese, Salsa, Steamed Corn, Seasoned Rice Fresh Fruit and Fruit Cup	Ham Croissant with Chips Fresh Steamed Broccoli Fresh Sweet Peppers Fresh Fruit and Fruit Cup	Big Daddy’s™ Pizza Wedge BLT Chop Salad Roasted Cauliflower Fresh Fruit and Fruit Cup
Foreign Flare & Home Cooking	¹ BBQ Sandwich ² Chicken Filet Sandwiches Chips, Baked Beans, Carrots Fresh Fruit and Fruit Cup	¹ Grilled Cheese, ² PBJ or ³ SunButter & Jelly Sandwich Tomato Soup, Baby Potatoes Fresh Fruit and Fruit Cup	¹ Chicken Fajita Strips or ² Taco Tortilla Chips, Cheese, Salsa, Steamed Corn, Seasoned Rice Fresh Fruit and Fruit Cup	Mandarin Orange Chicken with Rice and Egg Roll Steamed Broccoli, Fresh Peppers Fresh Fruit and Fruit Cup	Big Daddy’s™ Pizza Wedge BLT Chop Salad Roasted Cauliflower Fresh Fruit and Fruit Cup
Salads	Chef Salad Whole Grain Crackers Baked Beans Fresh Fruit and Fruit Cup	Grilled Chicken Salad Whole Grain Crackers Fresh Fruit and Fruit Cup	Chef Salad Whole Grain Crackers Fresh Fruit and Fruit Cup	Grilled Chicken Salad Whole Grain Crackers Fresh Fruit and Fruit Cup	Build-your-own Baked Potato w/ cheese, crackers & potato toppings BLT Chop Salad Fresh Fruit and Fruit Cup



Serving Lines	Monday, March 11, 2024	Tuesday, March 12, 2024	Wednesday, March 13, 2024	Thursday, March 14, 2024	Friday, March 15, 2024
Grab 'n Go	Chicken Tenders Steakhouse Sweet Potato Green Beans Fresh Fruit and Fruit Cup	¹ Cheeseburger, L/T/P or ² Chicken Burger, L/T/P Chips, BLT Salad, Baked Beans Fresh Fruit and Fruit Cup	¹ Turkey Roast or ² Sliced Ham Dinner Roll, Lima Beans, Mashed Potatoes, Fresh Fruit and Fruit Cup	Pizza Crunchers w/ Marinara Fresh Garden Salad Fresh Steamed Broccoli Fresh Fruit and Fruit Cup	Holiday for Students No School
Foreign Flare & Home Cooking	Chicken Tenders Steakhouse Sweet Potato Green Beans Fresh Fruit and Fruit Cup	¹ Cheeseburger, L/T/P or ² Chicken Burger, L/T/P Chips, BLT Salad, Baked Beans Fresh Fruit and Fruit Cup	¹ Turkey Roast or ² Sliced Ham Dinner Roll, Lima Beans, Mashed Potatoes, Fresh Fruit and Fruit Cup	Pizza Crunchers w/ Marinara Fresh Garden Salad Fresh Steamed Broccoli Fresh Fruit and Fruit Cup	
Salads	Chef Salad Whole Grain Crackers Fresh Fruit and Fruit Cup	Grilled Chicken Salad Whole Grain Crackers Baked Beans Fresh Fruit and Fruit Cup	Grilled Chicken Salad Whole Grain Crackers Fresh Fruit and Fruit Cup	Build-your-own Baked Potato w/ cheese, crackers & potato toppings Fresh Garden Salad, Broccoli Fresh Fruit and Fruit Cup	
Serving Lines	Monday, March 18, 2024	Tuesday, March 19, 2024	Wednesday, March 20, 2024	Thursday, March 21, 2024	Friday, March 22, 2024
Grab 'n Go	¹ Hotdog or ² Chicken Burger, pickles French Fries, Baked Beans, Fresh Fruit and Fruit Cup	¹ Chicken Fajita Strips or ² Taco Tortilla Chips, Cheese, Salsa, Lettuce, Tomato, Steamed Corn Fresh Fruit and Fruit Cup	¹ Grilled Cheese, ² PBJ or ³ SunButter & Jelly Sandwich Chicken & Rice Soup, Veggies Fruit and Chocolate Chip Cookie	Manager's Choice Sand. & Chips Fresh Steamed Broccoli Fresh Yellow Bell Pepper / dip Fresh Fruit and Fruit Cup	Big Daddy's™ Pizza Wedge BLT Chop Salad Manager Planned Vegetable Fresh Strawberries Fruit Cup
Foreign Flare & Home Cooking	¹ Hotdog or ² Chicken Burger, pickles French Fries, Baked Beans, Fresh Fruit and Fruit Cup	¹ Chicken Fajita Strips or ² Taco Tortilla Chips, Cheese, Salsa, Lettuce, Tomato, Steamed Corn Fresh Fruit and Fruit Cup	¹ Grilled Cheese, ² PBJ or ³ SunButter & Jelly Sandwich Chicken & Rice Soup, Veggies Fruit and Chocolate Chip Cookie	Mandarin Orange Chicken with Rice and Egg Roll Steamed Broccoli, Fresh Peppers Fresh Fruit and Fruit Cup	Big Daddy's™ Pizza Wedge BLT Chop Salad Manager Planned Vegetable Fresh Strawberries Fruit Cup
Salads	Chef Salad Whole Grain Crackers Baked Beans Fresh Fruit and Fruit Cup	Grilled Chicken Salad Crackers Fruits 	Chef Salad Whole Grain Crackers Fresh Fruit and Fruit Cup Chocolate Chip Cookie	Grilled Chicken Salad Whole Grain Crackers Fresh Fruit and Fruit Cup	Build-your-own Baked Potato w/ cheese, crackers & potato toppings BLT Chop Salad Fresh Strawberries Fruit Cup
Serving Lines	Monday, March 25, 2024	Tuesday, March 26, 2024	Wednesday, March 27, 2024	Thursday, March 28, 2024	Friday, March 29, 2024
Grab 'n Go	¹ SunButter & Jelly Sandwich ² Chicken Smackers Baked Potato, Green Beans Fresh Fruit and Fruit Cup	¹ Turkey Sub, ² Ham Sub, or ³ PBJ Chips, Pasta Salad, Fresh Carrots, Baked Beans Fruits and Chocolate Cookie	¹ Roasted Chicken Leg or ² BBQ Dinner Roll Mashed Potatoes, Turnip Greens Fresh Fruit and Fruit Cup	Manager Planned Menu	Pizza Crunchers Marinara Sauce Steamed Corn Fresh Fruit and Fruit Cup
Foreign Flare & Home Cooking	¹ SunButter & Jelly Sandwich ² Chicken Smackers Baked Potato, Green Beans Fresh Fruit and Fruit Cup	¹ Turkey Sub, ² Ham Sub, or ³ PBJ Chips, Pasta Salad, Fresh Carrots, Baked Beans Fruits and Chocolate Cookie	¹ Roasted Chicken Leg or ² BBQ Dinner Roll Mashed Potatoes, Turnip Greens Fresh Fruit and Fruit Cup	Manager Planned Menu	Pizza Crunchers Marinara Sauce Steamed Corn Fresh Fruit and Fruit Cup
Salads	Chef Salad Whole Grain Crackers Fresh Fruit and Fruit Cup	Grilled Chicken Salad Whole Grain Crackers Baked Beans, Fruits, Cookie	Chef Salad Whole Grain Crackers Fresh Fruit and Fruit Cup	Manager Planned Menu	Grilled Chicken Salad Whole Grain Crackers Fresh Fruit and Fruit Cup

A choice of white or chocolate milk is offered with all meals.

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