

BREAKFAST IS AVAILABLE TO ALL STUDENTS AT NO COST



March 2025 Breakfast District Menu



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
3 Casmir Pulaski Day (No School)	4 WG Tiger Bites String Cheese Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk	5 WG Cereal Bowl Graham Cracker Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk	6 Warm Cinnamon Crunch Toast Breakfast Bar Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk	7 WG Confetti Pancakes Just Picked Fresh Fruit Ice Cold Milk
10 WG Strawberry Cream Cheese Mini Bagels Just Picked Fresh Fruit Ice Cold Milk	11 WG Glazed Donut Just Picked Fresh Fruit Ice Cold Milk	12 WG Zee Zee's Birthday Cake Bar Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk	13 Strawberry Yogurt String Cheese WG Graham Crackers Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk	14 WG Muffin W String Cheese Just Picked Fresh Fruit Ice Cold Milk
17 WG Giant Cinnamon Goldfish String Cheese Just Picked Fresh Fruit Ice Cold Milk	18 WG Cereal Bowl Graham Cracker Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk	19 WG Cocoa Puffs Cereal Bar String Cheese Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk	20 WG Berry Apple Crisp Bar Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk	21 Whole Grain Maple Flavored Waffles Just Picked Fresh Fruit Ice Cold Milk
24 Pop Tart String Cheese Just Picked Fresh Fruit Ice Cold Milk	25 WG Strawberry Oatmeal Bar w. String Cheese Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk	26 WG Golden Graham Cereal Bar String Cheese Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk	27 WG Chocolate Chip UBR Bar 100% Fruit Juice Just Picked Fresh Fruit Ice Cold Milk	28 WG Confetti Pancakes Just Picked Fresh Fruit Ice Cold Milk
31 Spring Break				

Hello Berwyn, 100!
We're so happy to be here! We are OrganicLife, and we are so excited to fuel you through this school year with delicious healthful meals! We bring better quality, better tasting, better-for-you foods into your cafeterias and aim to keep you happy, healthy, and of course well-fed! We want school lunch to be something you look forward to every day, so please share your feedback.

Each Breakfast Includes Fresh Fruit.

Milk Choices:
1% White
Or
Fat Free
Chocolate

Menu may be subject to change

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LUNCH IS AVAILABLE TO ALL STUDENTS AT NO COST



Elementary March Menu 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Casmir Pulaski Day (No School) 3	4 WG Chicken Tenders 4 Star Mac and Cheese French Fries Just Picked Fresh Fruit Ice Cold Milk	5 Sweet and Sour Chicken Bowl with Rice Or Baked Mostaccioli w. Dinner Roll Roasted Broccoli Just Picked Fresh Fruit Ice Cold Milk	6 WG Corn Dog Or Vegetarian Burrito California Blend Just Picked Fresh Fruit Ice Cold Milk	7 WG Pepperoni Pizza Bread Or WG Cheese Pizza Bread Fresh Cucumber Slices Just Picked Fresh Fruit Ice Cold Milk
10 Chef Special Or Cheese Filled Breadsticks Green Beans Just Picked Fresh Fruit Ice Cold Milk Pint	11 WG Chicken Nuggets or Baked Mostaccioli w. Dinner Roll Roasted Broccoli Just Picked Fresh Fruit Ice Cold Milk	12 MmmBurger w Cheese or Mixed Green Salad w. WG Dinner Roll Mashed Potatoes Just Picked Fresh Fruit Ice Cold Milk	13 WG Chicken Tenders 4 Star Mac and Cheese French Fries Just Picked Fresh Fruit Ice Cold Milk	14 WG Tony's Sausage Pizza WG Tony's Cheese Pizza Fresh Baby Carrots Just Picked Fresh Fruit Ice Cold Milk
17 Homestyle Chicken Sandwich on WG Bun or Grilled Cheese on WG Bread French Fries Just Picked Fresh Fruit Ice Cold Milk	18 OL Nachos Supreme or WG Cheese Nachos Refried Beans Just Picked Fresh Fruit Ice Cold Milk	19 Chicken Alfredo Pasta Alfredo With WG Garlic Toast Fresh Spinach Salad Just Picked Fresh Fruit Ice Cold Milk	20 Teriyaki Chicken with Rice Or OL Pasta Primavera Roasted Broccoli Just Picked Fresh Fruit Ice Cold Milk	21 WG Pepperoni Deep Dish Pizza Or WG Deep Dish Cheese Pizza Steamed Carrots Just Picked Fresh Fruit Ice Cold Milk Pint
24 WG Chicken Nuggets WG Grilled Cheese French Fries Just Picked Fresh Fruit Ice Cold Milk	25 OL Chicken Nachos Supreme or WG Cheese Nachos Refried Beans Just Picked Fresh Fruit Ice Cold Milk	26 Mmmburger w. Cheese on WG Bun Or WG Bosco Sticks Cherry Tomatoes Just Picked Fresh Fruit Ice Cold Milk	27 Beef Hot Dog Or Dawn's Chef Salad Fresh Celery Just Picked Fresh Fruit Ice Cold Milk Pint	28 WG Pepperoni Pizza Bread WG French Bread Cheese Pizza Steamed Mixed Veggies Just Picked Fresh Fruit Ice Cold Milk
Spring Break 31				

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SY 24-25 Meals

- ~Daily Special
- ~Vegetarian Option
- ~Sun Butter and Jelly on WG Sliced Bread

Each meal includes:
 -Fresh Fruit or 100% Fruit Juice

Milk Choices:
 1% White Or Fat Free Chocolate

Menu Subject to Change

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**March 2025 Lunch Menu
Heritage & Freedom MS**



**BERWYN SOUTH
SCHOOL DISTRICT 100**

**LUNCH IS AVAILABLE TO ALL
STUDENTS AT NO COST**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 Casmir Pulaski Day (No School)</p>	<p>4 Chicken Tacos Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk</p>	<p>5 Buffalo Chicken Tenders Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk</p>	<p>6 BYO Hot Dog Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk</p>	<p>7 Sweet and Sour Popcorn Chicken Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>
<p>10 Brunch for Lunch Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk</p>	<p>11 Baked Mostaccioli w. Dinner Roll Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk</p>	<p>12 BYO Burger Bar Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk</p>	<p>13 BYO Salad Bar Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>14 Walking Taco Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>
<p>17 Beef Enchiladas Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>18 Taco Tuesday! Sandy's Taco Bar Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>19 Mia Pasta Station Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk</p>	<p>20 BYO Burrito Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>21 Buffalo Chicken Melt Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>
<p>24 Chicken Quesadilla Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>25 Spicy Chicken Strips Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>26 Baked Mostaccioli w. Dinner Roll Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk</p>	<p>27 BYO Sub Sandwich Station Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>	<p>28 Chicken Fajita Bowl Seasonal Farm Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>
<p>31 Spring Break</p>				

Daily Middle School Lunch Choices:

- Luigis Pizza
 - Cheese
 - Pepperoni
 - Pizza of the Day

MmmBurger Grill

- Homestyle Chicken Sandwich
- Spicy Chicken Sandwich
- Cheeseburger
- Sun Butter and Jelly Sandwich

- Grab & Go Salads

- Deli Subs/ Wraps

- Milk Choices:**
1% White
Or
Fat Free
Chocolate

Menu Subject to Change



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**EL DESAYUNO ESTÁ
DISPONIBLE PARA TODOS LOS
ESTUDIANTES SIN COSTO
ALGUNO**



**Marzo 2025 Desayuno Menú del
Distrito**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Día de Casmir Pulaski (No hay escuela)	4 WG Tiger Bites Queso en tiras Fruta Fresca Jugo 100% de Fruta Opción de Leche Fría	5 Tazón de cereales WG Galleta Graham Fruta Fresca Jugo 100% de Fruta Opción de Leche Fría	6 Barra de desayuno tibia Cinnamon Crunch Toast Fruta Fresca Jugo 100% de Fruta Opción de Leche Fría	7 Panqueques de confeti WG Fruta Fresca Opción de Leche Fría
10 WG Mini Bagels de Queso Crema de Fresa Fruta Fresca Opción de Leche Fría	11 POR Rosquilla glaseada Fruta Fresca Jugo 100% de Fruta Opción de Leche Fría	12 WG Zee Zee's Birthday Cake Bar Fruta Fresca Jugo 100% de Fruta Opción de Leche Fría	13 Yogur de fresa Queso en tiras Galletas WG Graham Fruta Fresca Jugo 100% de Fruta Opción de Leche Fría	14 WG Muffin con queso en tiras Fruta Fresca Opción de Leche Fría
17 WG Giant Cinnamon Goldfish Queso en tiras Fruta Fresca Opción de Leche Fría	18 Tazón de cereales WG Galleta Graham Fruta Fresca Jugo 100% de Fruta Opción de Leche Fría	19 Barra de cereales WG Cocoa Puffs Queso en tiras Fruta Fresca Jugo 100% de Fruta Opción de Leche Fría	20 Barra crujiente de manzana WG Fruta Fresca Jugo 100% de Fruta Opción de Leche Fría	21 Waffles integrales con sabor a maple Fruta Fresca Opción de Leche Fría
24 Pop Tart Queso en tiras Fruta Fresca Opción de Leche Fría	25 Barra de avena y fresa WG con queso en tiras Fruta Fresca Jugo 100% de Fruta Opción de Leche Fría	26 Barra de cereales WG Golden Graham Queso en tiras Fruta Fresca Jugo 100% de Fruta Opción de Leche Fría	27 WG Chocolate Chip UBR Bar Fruta Fresca Jugo 100% de Fruta Opción de Leche Fría	28 Panqueques de confeti WG Fruta Fresca Opción de Leche Fría
31 Vacaciones de primavera				

¡Hola Berwyn, 100!
¡Estamos muy contentos de estar aquí! Somos OrganicLife, y estamos muy emocionados de impulsarte a través de este año escolar con deliciosas comidas saludables. Traemos mejor calidad, mejor sabor, y mejores alimentos a sus cafeterías. El objetivo es de mantenerte feliz, sano, y ¡Por supuesto bien alimentado! Nosotros queremos que el almuerzo escolar sea algo que esperes con ansias todos los días, así que compártenos tus comentarios.

Todo Desayuno Incluye Fruta Fresca.

Opciones de Leche:

- 1% Blanca
- O
- Chocolate Libre de Grasas

****Menú Esta Sujeto a Cambios****

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**EL ALMUERZO ESTÁ
DISPONIBLE PARA TODOS LOS
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ALGUNO**



**Menú de almuerzo de marzo de
primaria 2025**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Día de Casmir Pulaski (No hay escuela)</p>	<p>Filetes de pollo WG Macarrones con queso de 4 estrellas Papas fritas Fruta del Día Opción de Leche Fría</p>	<p>Tazón de pollo agridulce con arroz O Mostaccioli al horno con panecillo Brócoli asado Fruta del Día Opción de Leche Fría</p>	<p>WG Corn Dog o Burrito Vegetariano Mezcla de California Fruta del Día Opción de Leche Fría</p>	<p>Pan de pizza de pepperoni WG O pan de pizza de queso WG Rodajas de pepino fresco Fruta del Día Opción de Leche Fría</p>
<p>Especial del Chef O Palitos de pan rellenos de queso Ejotes Fruta del Día Opción de Leche Fría</p>	<p>Nuggets de pollo WG o Mostaccioli al horno con panecillo Brócoli asado Fruta del Día Opción de Leche Fría</p>	<p>MmmHamburguesa con queso o Ensalada Verde Mixta con WG Dinner Roll Puré de papa Fruta del Día Opción de Leche Fría</p>	<p>Filetes de pollo WG Macarrones con queso de 4 estrellas Papas fritas Fruta del Día Opción de Leche Fría</p>	<p>WG Tony's Pizza de queso O WG Tony's Pizza de salchicha Zanahorias frescas Fruta del Día Opción de Leche Fría</p>
<p>Sándwich de pollo casero en WG Bun o Queso a la parrilla sobre pan WG Papas fritas Fruta del Día Opción de Leche Fría</p>	<p>Ol Nachos Supremo o Nachos de queso WG Frijoles refritos Fruta del Día Opción de Leche Fría</p>	<p>Pollo Alfredo Pasta Alfredo Con tostada de ajo WG Ensalada de espinacas frescas Fruta del Día Opción de Leche Fría</p>	<p>Pollo teriyaki con arroz O OL Spring Pasta Brócoli asado Fruta del Día Opción de Leche Fría</p>	<p>WG Pepperoni Pizza de plato hondo O WG Pizza de queso de plato hondo Zanahorias al vapor Fruta del Día Opción de Leche Fría</p>
<p>Nuggets de pollo WG Queso a la parrilla WG Papas fritas Fruta del Día Opción de Leche Fría</p>	<p>OL Nachos de Pollo Supremo o Nachos de queso WG Frijoles refritos Fruta del Día Opción de Leche Fría</p>	<p>Mmmburger w. Queso en panecillo WG O palos WG Bosco Ensalada de Jitomates Fruta del Día Opción de Leche Fría</p>	<p>Hot Dog Ensalada Dawn's Chef Apio fresco Fruta del Día Opción de Leche Fría</p>	<p>WG Pan Francés Queso Pizza Pepperoni Pizza Verduras mixtas al vapor Fruta del Día Opción de Leche Fría</p>
<p>Vacaciones de Verano</p>				

¡Hola Berwyn, 100!
¡Estamos muy contentos de estar aquí! Somos OrganicLife, ¡y estamos muy emocionados de impulsarlo a través de este año escolar con deliciosas comidas saludables! Brindamos mejor calidad, mejor sabor, mejor para tus cafeterías y el objetivo de mantenerte feliz, saludable, y de ¡Por supuesto bien alimentado! Nosotros deseamos que el almuerzo escolar sea algo que espere con ansias todos los días, así que comparta sus comentarios y ideas de menú con nosotros!

SY 24-25 Comidas

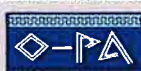
~ Especial del día
~ Opción vegetariana
~ Mantequilla de sol y mermelada en pan de grano entero.

Cada comida incluye:
- Fruta fresca o jugo 100% de fruta

Opciones de leche:
1% Blancos
O
Chocolate sin grasa

****Menú sujeto a cambios****

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**Marzo 2025 Menu Almuerzo
Heritage & Freedom MS**



**BERWYN SOUTH
SCHOOL DISTRICT 100**

ALGUNO

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



<p>³ Día de Casmir Pulaski (No hay escuela)</p>	<p>⁴ Tacos de pollo Verdura de Temporada Fruta del Dia Opcion de Leche Fria</p>	<p>⁵ Filetes de pollo Buffalo Verdura de Temporada Fruta del Dia Opcion de Leche Fria</p>	<p>⁶ BYO Hot Dog Verdura de Temporada Fruta del Dia Opcion de Leche Fria</p>	<p>⁷ Pollo agridulce con palomitas de maíz Verdura de Temporada Fruta del Dia Opcion de Leche Fria</p>
<p>¹⁰ Brunch para el almuerzo Verdura de Temporada Fruta del Dia Opcion de Leche Fria</p>	<p>¹¹ Mostaccioli al horno con panecillo Verdura de Temporada Fruta del Dia Opcion de Leche Fria</p>	<p>¹² BYO Burger Bar Verdura de Temporada Fruta del Dia Opcion de Leche Fria</p>	<p>¹³ BYO Salad Bar Verdura de Temporada Fruta del Dia Opcion de Leche Fria</p>	<p>¹⁴ Walking Taco Verdura de Temporada Fruta del Dia Opcion de Leche Fria</p>
<p>¹⁷ Enchiladas Verdura de Temporada Fruta del Dia Opcion de Leche Fria</p>	<p>¹⁸ ¡Martes de tacos! Sandy's Taco Bar Verdura de Temporada Fruta del Dia Opcion de Leche Fria</p>	<p>¹⁹ Mia Pasta Station Verdura de Temporada Fruta del Dia Opcion de Leche Fria</p>	<p>²⁰ BYO Burrito Verdura de Temporada Fruta del Dia Opcion de Leche Fria</p>	<p>²¹ Pollo Buffalo, Derretido Verdura de Temporada Fruta del Dia Opcion de Leche Fria</p>
<p>²⁴ Quesadilla de pollo Verdura de Temporada Fruta del Dia Opcion de Leche Fria</p>	<p>²⁵ Tiras de pollo picante Verdura de Temporada Fruta del Dia Opcion de Leche Fria</p>	<p>²⁶ Mostaccioli al horno con panecillo Verdura de Temporada Fruta del Dia Opcion de Leche Fria</p>	<p>²⁷ BYO Sub Sandwich Station Verdura de Temporada Fruta del Dia Opcion de Leche Fria</p>	<p>²⁸ Tazón de fajita de pollo Verdura de Temporada Fruta del Dia Opcion de Leche Fria</p>
<p>³¹ Vacaciones de Primavera</p>				

- Opciones de Almuerzo Diarias:**
- Luigi's Pizza**
 - Queso
 - Pepperoni
 - Pizza del Dia
 - MmmBurger Grill**
 - Sándwich de Pollo Estilo Casero
 - Sándwich de Pollo Picante Estilo Casero
 - Hamburguesa con Queso
 - Sándwich de Mantequilla de Girasol con Jalea
 - Ensaladas Para Llevar
 - Deli Subs/ Wraps
 - Opciones de Leche:**
 - 1% Blanca
 - O
 - Chocolate Libre de Grasas
- **Menu Está Sujeto a Cambios****

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