Mehlville School District
Individually Focused. Committed to All.

Bierbaum Menu
MARCH 2024

March is National Nutrition Month
BEYOND the TABLE
visit eatright.org for more info.

Meal Prices:
Breakfast: FREE
Lunch: $2.90
Bottled Water: $.50
Milk: $.75
Juice: $.65
Additional Entree $2.50
Side item: $.75

What is a complete meal
Breakfast includes:
3 food items,
1 must be a fruit

Lunch includes:
3 food components,
1 must be a fruit or vegetable

Milk Options:
1% White
Skim White
1% Chocolate

Pork Product

*All bread products are Whole Grain

***All deli meat & hot dog varieties are turkey products.**

SURF'S UP WITH SCHOOL BREAKFAST **Celebrate National School Breakfast Week March 4-8**				1 Mini Pancakes **Cheese Quesadilla** Warm Green Beans Mixed-up Fruit Milk of Choice
4 Ultra Bread **Pizza Rippers** Warm Green Beans CINNAMON Pears Milk of Choice	5 Goody Ring **Spaghetti with Meatsauce** Garlic Knot **Steamed** Broccoli Chilled Applesauce Milk of Choice	6 ***New Entree*** Pancake Bites Breakfast 4 Lunch **French Toast Sticks** Sausage Links Sweet Potato Fries Sweet Strawberries Milk of Choice	7 Bagelicious Domino's Pizza GOLDEN Corn Berries in a Cloud Milk of Choice	8 Warm Muffin **Cheezee Bites with Marinara** Baked Beans Mixed Berry Cup Milk of Choice
11 Mini Cinni **Cheese Pizzaboli** **X-RAY VISION** Carrots Fruit Sidekick Milk of Choice	12 Breakfast Bun **Orange Chicken** Steamed Rice Warm Green Beans Perfect Peaches Milk of Choice	13 ***New Entree*** Mini Caramel **Walking Taco** **ROCKIN** Refried Beans Pineapple Tidbits Milk of Choice	14 Mini French Toast Domino's Pizza Broccoli with Cheese Warm Apples Milk of Choice	15 Mega Cereal Bar **Three Cheese Cavatappi** **POWER PACKED** Peas Chilled Pears Milk of Choice
Spring Break March 18-22 **Relax & Enjoy**				
25 Frosted Poptart **Taco Pizza** **ROCKIN** Refried Beans Sweet Applesauce Milk of Choice	26 Glazed Blueberry Donut Holes **Chicken Alfredo** Garlic Texas Toast **Steamed** Broccoli Mandarin Oranges Milk of Choice	27 Breakfast Cluster **HALF DAY Hamburger/ Cheeseburger on Bun** Carrot Dippers Fresh Sliced Apples YUMMY Brownie Milk of Choice	28 Maple Waffle Domino's Pizza Warm Green Beans Mixed-up Fruit Milk of Choice	29 Breakfast Pastry **Make your own Pizza** GOLDEN Corn 100% Fruit Gels Milk of Choice

BEYOND THE TABLE
2024 NATIONAL NUTRITION MONTH
A CAMPAIGN BY THE ACADEMY OF NUTRITION AND DIETETICS

Daily Breakfast Side Options:
*Fresh Fruit, Dry or Frozen Fruits
*4 oz 100% Juice
*Milk of Choice

Daily Lunch Entree Options:
*Turkey & Cheese Sandwich
*Chef Salad
*Cheeseburger
*Sunbutter & Jelly Sandwich with cheese stick

Daily Lunch Side Options:
*Fresh Fruit
*Assorted Canned/ Frozen Fruits
*4 oz 100% Juice
*Additional Vegetable Selection

Menu subject to change
"This institution is an equal opportunity provider"