

1. It's that time of year again! National Nutrition Month- we will have "Egg-Tastic Friday's" each week with scrambled eggs, toast or English muffins, juice, bananas and milk on the menu!
2. National Nutrition Month Breakfast Contest Details:
The contest will operate as follows, students will come into the cafeteria to eat breakfast and the cashiers will give students a slip of paper to put their names on it each day, enter it into the contest box up until the last day of the month (March 31st)! So the more you eat breakfast in the cafeteria for National Nutrition Month, the more times you can enter your name into the contest box to win! March 31, we will draw one Winner for each school during your lunch period. You have to play to win a Wal-mart Gift Card donated by the Greater Pittsburgh Food Bank & Wal-mart!!
We will have the contest box in the cafeteria for each school to use and one small contest box upstairs for the HS Kiosk Breakfast areas! You must eat breakfast each day to enter your name!!! Get your slip from your cashier or by the box! The Winners pictures will be posted on the school Website! Good Luck!
3. Nutritional Newsletters will be posted on the school website this month for all parents and students to read about eating for a healthy lifestyle, exercising and healthy food choice for all grade levels.
4. Lent started February 17, 2021 and we will be having Lenten Lunches on the menus every Friday until Easter Break! Also we will bring back Tuna Noodle Casserole, Fish Nuggets, Pierogies, Shrimp plus Mac & Cheese. Enjoy!

Thank You,
Mrs. Cathy Berkebile
Food Service Manager