

# Juniata County School District Secondary Lunch Menu December 2017



Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Joy to the World!</b>				<b>12/1/17</b> Nachos Grande with Tortilla Chips or Chef's Choice  Featured Veggies: Steamed Corn Fresh Celery & Carrots Chilled Pineapple / Milk 1
Check out our variety of Grab-n-Go Salads made fresh for you			A wide variety of Wraps and Sandwiches every day	
<b>12/4/17</b>	<b>12/5/17</b>	<b>12/6/17</b>	<b>12/7/17</b>	<b>12/8/17</b>
Meatball Sub with Mozzarella Cheese or Chef's Choice	Buffalo Chicken Dip with Nachos or Chef's Choice	Hot Turkey Sandwich with Gravy or Chef's Choice	Toasted Cheese Sandwich or Chef's Choice	Chicken Fajita Wrap or Chef's Choice
Featured Veggies: Steamed Mixed Vegetables Fresh Baby Carrots Chilled Pears / Milk 2	Featured Veggies: Steamed Green Beans Fresh Cucumber Slices Mandarin Oranges / Milk 3	Featured Veggies: Mashed Potatoes Fresh Broccoli with Dip Chilled Peaches / Milk 4	Featured Veggies: Creamy Tomato Soup Fresh Celery & Carrots Red Delicious Apple / Milk 5	Featured Veggies: Homemade Baked Beans Fresh Romaine Salad Chilled Mixed Fruit / Milk 6
High School Weekly Bar- Breakfast Bar			A wide variety of Wraps and Sandwiches every day	
<b>12/11/17</b>	<b>12/12/17</b>	<b>12/13/17</b>	<b>12/14/17</b>	<b>12/15/17</b>
Turkey & Cheese Flatbread or Chef's Choice	Choice of Hard or Soft Beef Tacos or Chef's Choice	Buffalo Chicken Macaroni & Cheese or Chef's Choice	Tender Roast Turkey with Homemade Stuffing or Chef's Choice	Pepperoni Roll with Marinara Sauce or Chef's Choice
Featured Veggies: Steamed Carrots Broccoli with Cheese Sauce Mandarin Oranges / Milk 1	Featured Veggies: Steamed Green Peas Fresh Cucumber Slices Chilled Mixed Fruit / Milk 2	Featured Veggies: Steamed Green Beans Fresh Romaine Salad Chilled Pineapple / Milk 3	Featured Veggies: Mashed Potatoes with Gravy Candied Sweet Potatoes Red Delicious Apple / Milk 4	Featured Veggies: Homemade Baked Beans Fresh Celery & Carrots Chilled Peaches / Milk 5
High School Weekly Bar- Pasta Bar			A wide variety of Wraps and Sandwiches every day	
<b>12/18/17</b>	<b>12/19/17</b>	<b>12/20/17</b>	<b>12/21/17</b>	<b>12/22/17</b>
Cheesesteak Sub or Chef's Choice	Toasted Cheese Sandwich or Chef's Choice	French Toast Sticks with Oven Browned Sausage or Chef's Choice	Hot Ham & Cheese on Pretzel Roll or Chef's Choice	NO SCHOOL
Featured Veggies: Sweet Potato Fries Broccoli with Cheese Sauce Chilled Applesauce / Milk 6	Featured Veggies: Creamy Tomato Soup Fresh Cole Slaw Chilled Peaches / Milk 1	Featured Veggies: Hash Brown Triangles Assorted Fresh Veggies Assorted Fruits / Milk 2	Featured Veggies: Assorted Steamed Veggies Assorted Fresh Veggies Assorted Fruits / Milk 3	
High School Weekly Bar- Asian Noodle Bowl Bar			A wide variety of Wraps and Sandwiches every day	
<b>12/25/17</b>	<b>12/26/17</b>	<b>12/27/17</b>	<b>12/28/17</b>	<b>12/29/17</b>
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
				
Check out our variety of Grab-n-Go Salads made fresh for you			A wide variety of Wraps and Sandwiches every day	
<b>Student Paid Lunch \$2.60</b>		<b>Student Reduced Lunch \$0.40</b>		<b>Adult Lunch \$3.60</b>
Chris Ammon	General Manager	<a href="mailto:cammon@jcsdk12.org">cammon@jcsdk12.org</a>	(717) 436-2193 ext. 5084	
Kathy Gilson	Food Service Support	<a href="mailto:kgilson@jcsdk12.org">kgilson@jcsdk12.org</a>	(717) 436-2111 ext. 5015	

### What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

- Meat or meat alternate  
 Choice of Vegetable  
 Choice of Fruit  
 Grain/Bread  
 Choice of Milk - 1% white, fat-free white, chocolate, cookies & cream, and strawberry

### Weekly Vegetable Subgroups

- May Include:**
- Dark green - spinach, broccoli, romaine and spring salad
  - Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
  - Legumes - beans and peas
  - Starchy - white potatoes, corn, peas, and lima beans
  - Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

### Daily Fruit Selections

- May Include:**
- oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges

### Leave Your Lunch at Home

- Daily entrée options may include:
- Cheeseburger on Roll
  - Whole Grain Chicken Patty on Roll
  - Cheese and Pepperoni Pizza
  - Assorted Fresh-Made Salads with Dinner Roll
  - Assorted Fresh-made Sandwiches prepared daily
  - Assorted Fresh-Made Wraps prepared daily

Weekly alternating food bars at the High School level may include: Taco Bar, Deli Bar, Asian Bar, Jack'dUp Fry Bar, Pasta Bar, and Burger Bar

This institution is an equal opportunity provider

Menu subject to change