

# Juniata County School District Fermanagh Elementary Lunch Menu August-September 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<b>8/28/17</b>	<b>8/29/17</b>	<b>8/30/17</b>	<b>8/31/17</b>	<b>9/1/17</b>
Crispy Popcorn Chicken with Dinner Roll or Hot Ham & Cheese on Roll	Pepperoni Roll <small>Rolled up Homemade Pizza Slice or</small> Crispy Chicken Patty on Roll	BBQ Chicken & Cheese Sub or Cheeseburger on Roll	Soft Pretzels with Cheese Sauce or Mini Corn Dogs	Soft Beef Taco or Crispy Fish Nuggets w/ Whole Wheat Bread
<b>Featured Veggies:</b> Steamed Green Peas Fresh Cucumber Slices Chilled Mixed Fruit / Milk 1	<b>Featured Veggies:</b> Steamed Green Beans Fresh Baby Carrots Chilled Peaches / Milk 2	<b>Featured Veggies:</b> Hash Brown Triangles Fresh Red Pepper Strips Red Delicious Apple / Milk 3	<b>Featured Veggies:</b> Steamed Carrots Fresh Romaine Salad Mandarin Oranges / Milk 4	<b>Featured Veggies:</b> Steamed Corn Fresh Broccoli with Dip Chilled Pineapple / Milk 5
<b>9/4/17</b>	<b>9/5/17</b>	<b>9/6/17</b>	<b>9/7/17</b>	<b>9/8/17</b>
NO SCHOOL  <i>Happy Labor Day!</i> 	French Toast Sticks w/ Oven Browned Sausage or Cheesesteak Sub	Homemade Beef Lasagna with Italian Bread Slice or Hot Dog on Roll	Crispy Popcorn Chicken with Dinner Roll or Cheeseburger on Roll	Macaroni & Cheese w/ Whole Wheat Bread or Crispy Chicken Patty on Roll
	<b>Featured Veggies:</b> Hash Brown Triangles Fresh Cucumber Slices Fresh Orange Wedges / Milk 6	<b>Featured Veggies:</b> Steamed Mixed Vegetables Fresh Celery Sticks Chilled Peaches / Milk 1	<b>Featured Veggies:</b> Broccoli with Cheese Sauce Fresh Cherry Tomatoes Chilled Mixed Fruit / Milk 2	<b>Featured Veggies:</b> Candied Sweet Potatoes Fresh Romaine Salad Chilled Peaches / Milk 3
<b>9/11/17</b>	<b>9/12/17</b>	<b>9/13/17</b>	<b>9/14/17</b>	<b>9/15/17</b>
Crispy Popcorn Chicken with Dinner Roll or Hot Ham & Cheese on Roll	Pepperoni Roll <small>Rolled up Homemade Pizza Slice or</small> Crispy Chicken Patty on Roll	BBQ Chicken & Cheese Sub or Cheeseburger on Roll	Soft Pretzels with Cheese Sauce or Mini Corn Dogs	Soft Beef Taco or Crispy Fish Nuggets w/ Whole Wheat Bread
<b>Featured Veggies:</b> Steamed Green Peas Fresh Cucumber Slices Chilled Mixed Fruit / Milk 4	<b>Featured Veggies:</b> Steamed Green Beans Fresh Baby Carrots Chilled Peaches / Milk 5	<b>Featured Veggies:</b> Hash Brown Triangles Fresh Red Pepper Strips Red Delicious Apple / Milk 6	<b>Featured Veggies:</b> Steamed Carrots Fresh Romaine Salad Mandarin Oranges / Milk 1	<b>Featured Veggies:</b> Steamed Corn Fresh Broccoli with Dip Chilled Pineapple / Milk 2
<b>9/18/17</b>	<b>9/19/17</b>	<b>9/20/17</b>	<b>9/21/17</b>	<b>9/22/17</b>
Creamy Chicken Dip with Nachos or Hot Dog on Roll	French Toast Sticks w/ Oven Browned Sausage or Cheesesteak Sub	Homemade Beef Lasagna with Italian Bread Slice or Hot Dog on Roll	Crispy Popcorn Chicken with Dinner Roll or Mini Corn Dogs	NO SCHOOL  
<b>Featured Veggies:</b> Steamed Green Beans Fresh Baby Carrots Chilled Applesauce / Milk 3	<b>Featured Veggies:</b> Hash Brown Triangles Fresh Cucumber Slices Fresh Orange Wedges / Milk 4	<b>Featured Veggies:</b> Steamed Mixed Vegetables Fresh Celery Sticks Chilled Peaches / Milk 5	<b>Featured Veggies:</b> Broccoli with Cheese Sauce Fresh Cherry Tomatoes Chilled Mixed Fruit / Milk 6	
<b>9/25/17</b>	<b>9/26/17</b>	<b>9/27/17</b>	<b>9/28/17</b>	<b>9/29/17</b>
Crispy Popcorn Chicken with Dinner Roll or Hot Ham & Cheese on Roll	Pepperoni Roll <small>Rolled up Homemade Pizza Slice or</small> Crispy Chicken Patty on Roll	BBQ Chicken & Cheese Sub or Cheeseburger on Roll	Soft Pretzels with Cheese Sauce or Mini Corn Dogs	Soft Beef Taco or Crispy Fish Nuggets w/ Whole Wheat Bread
<b>Featured Veggies:</b> Steamed Green Peas Fresh Cucumber Slices Chilled Mixed Fruit / Milk 1	<b>Featured Veggies:</b> Steamed Green Beans Fresh Baby Carrots Chilled Peaches / Milk 2	<b>Featured Veggies:</b> Hash Brown Triangles Fresh Red Pepper Strips Red Delicious Apple / Milk 3	<b>Featured Veggies:</b> Steamed Carrots Fresh Romaine Salad Mandarin Oranges / Milk 4	<b>Featured Veggies:</b> Steamed Corn Fresh Broccoli with Dip Chilled Pineapple / Milk 5
<b>Student Paid Lunch \$2.35</b>		<b>Student Reduced Lunch \$0.40</b>		<b>Adult Lunch \$3.60</b>

### 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

Cost of ala carte items must be in student's lunch account for item to be purchased

### Leave Your Lunch at Home

- Daily entrée options may include:
- Fresh-Made Craveable Lunches with Dinner Roll prepared daily
  - Uncrustable PB&J & Mozzarella Cheese Stick OR Cheese Sandwich served in our Peanut-Free kitchens
  - Chicken Nuggets with Dinner Roll
  - RF Ice Cream and Snacks offered as ala carte items every day. All items follow wellness policy guidelines

We need your smile!  
Call today for an interview to be a substitute team member  
An equal opportunity employer

### Join Our Staff!

Menu subject to change