

Juniata County School District Secondary Lunch Menu August-September 2017



Monday	Tuesday	Wednesday	Thursday	Friday
8/28/17	8/29/17	8/30/17	8/31/17	9/1/17
Crispy Chicken Nuggets with Dinner Roll or Hot Ham & Cheese on Pretzel Roll	Cheese Ravioli w/ Sauce & Garlic Breadstick or Chicken Fajita Wrap	Crispy Popcorn Chicken with Dinner Roll or Mini Corn Dogs	Pierogies with Dinner Roll or Cheesesteak Sub	Walking Loco Taco with Dinner Roll or Crispy Fish Sandwich
Featured Veggies: Homemade Baked Beans Fresh Cucumber Slices Chilled Mixed Fruit / Milk 1	Featured Veggies: Steamed Green Beans Fresh Baby Carrots Chilled Peaches / Milk 2	Featured Veggies: Mashed Potatoes w/ Gravy Fresh Romaine Salad Red Delicious Apple / Milk 3	Featured Veggies: Steamed Carrots Fresh Tomato Wedges Mandarin Oranges / Milk 4	Featured Veggies: Crispy Tater Tots Fresh Celery Sticks Chilled Pineapple / Milk 5
Check out our variety of Grab-n-Go Salads made fresh for you			A wide variety of Wraps and Sandwiches every day	
9/4/17	9/5/17	9/6/17	9/7/17	9/8/17
NO SCHOOL <i>Happy Labor Day!</i> 	French Toast Sticks w/ Oven Browned Sausage or Spicy Chicken Patty on Roll	Buffalo Chicken & Cheese Flatbread or Chili Dog with Buttered Noodles	Chicken & Waffles with Gravy or Cheese stick Dippers w/ Marinara Sauce	Macaroni & Cheese w/ Whole Wheat Bread or Chicken Fajita Wrap
	Featured Veggies: Hash Brown Triangles Fresh Cucumber Slices Fresh Orange Wedges / Milk 6	Featured Veggies: Broccoli with Cheese Sauce Homemade Baked Beans Chilled Peaches / Milk 1	Featured Veggies: Mashed Potatoes Fresh Celery & Carrots Red Delicious Apple / Milk 2	Featured Veggies: Stewed Tomatoes Fresh Broccoli with Dip Chilled Peaches / Milk 3
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9/11/17	9/12/17	9/13/17	9/14/17	9/15/17
Crispy Popcorn Chicken with Dinner Roll or Mini Corn Dogs	Toasted Cheese Sandwich or BBQ Pulled Pork on Roll	Chicken Alfredo Pasta with Garlic Breadstick or Hot Dog on Roll w/ Sauerkraut & Corn Chips	Choice of Hard or Soft Beef Tacos or Pepperoni Roll with Marinara Sauce	Buffalo Chicken Dip with Nachos or Cheesesteak Sub
Featured Veggies: Candied Sweet Potatoes Broccoli with Cheese Sauce Fresh Orange Wedges / Milk 4	Featured Veggies: Creamy Tomato Soup Fresh Cole Slaw Chilled Pineapple / Milk 5	Featured Veggies: Steamed Green Peas Three Bean Salad Red Delicious Apple / Milk 6	Featured Veggies: Steamed Mixed Vegetables Fresh Baby Carrots Chilled Mixed Fruit / Milk 1	Featured Veggies: Steamed Corn Fresh Broccoli with Dip Chilled Pears / Milk 2
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9/18/17	9/19/17	9/20/17	9/21/17	9/22/17
Steak & Cheddar Flatbread or Cheese stick Dippers w/ Marinara Sauce	Chicken Parmesan / Pasta & Garlic Breadstick or Crunchy Southwestern Fish Tacos	French Toast Sticks w/ Oven Browned Sausage or Sloppy Joe on Roll	Mashed Potato Bowl with Dinner Roll or Mini Corn Dogs	NO SCHOOL
Featured Veggies: Steamed Carrots Homemade Baked Beans Chilled Peaches / Milk 3	Featured Veggies: Steamed Green Beans Fresh Cauliflower with Dip Chilled Applesauce / Milk 4	Featured Veggies: Hash Brown Triangles Fresh Red Pepper Strips Mandarin Oranges / Milk 5	Featured Veggies: Mashed Potatoes Fresh Romaine Salad Chilled Mixed Fruit / Milk 6	
Check out our variety of Grab-n-Go Salads made fresh for you			A wide variety of Wraps and Sandwiches every day	
9/25/17	9/26/17	9/27/17	9/28/17	9/29/17
Crispy Chicken Nuggets with Dinner Roll or Cheesesteak Sub	Macaroni & Cheese with Whole Wheat Bread or Hot Dog on Roll w/ Sauerkraut & Corn Chips	Walking Loco Taco with Dinner Roll or Hot Ham & Cheese on Pretzel Roll	Toasted Cheese Sandwich or BBQ Pork Rib Sandwich	Homemade Beef Lasagna with Garlic Breadstick or Chicken Fajita Wrap
Featured Veggies: Broccoli with Cheese Sauce Homemade Baked Beans Chilled Pineapple / Milk 1	Featured Veggies: Steamed Mixed Vegetables Fresh Tomato Wedges Chilled Mixed Fruit / Milk 2	Featured Veggies: Steamed Carrots Fresh Cauliflower with Dip Fresh Orange Wedges / Milk 3	Featured Veggies: Creamy Tomato Soup Fresh Cucumber Slices Chilled Pears / Milk 4	Featured Veggies: Steamed Green Beans Fresh Romaine Salad Chilled Peaches / Milk 5
Check out our variety of Grab-n-Go Salads made fresh for you			A wide variety of Wraps and Sandwiches every day	
Student Paid Lunch \$2.60		Student Reduced Lunch \$0.40		Adult Lunch \$3.60

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