


Juniata County School District Fermanagh Elementary Lunch Menu October 2017



Monday	Tuesday	Wednesday	Thursday	Friday
10/2/17	10/3/17	10/4/17	10/5/17	10/6/17
Crispy Popcorn Chicken with Dinner Roll or Hot Ham & Cheese on Roll	Pepperoni Roll Rolled up Homemade Pizza Slice or 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
Featured Veggies: Steamed Green Peas Fresh Cucumber Slices Chilled Mixed Fruit / Milk 6	Featured Veggies: Steamed Green Beans Fresh Baby Carrots Chilled Peaches / Milk 1	Featured Veggies: Hash Brown Triangles Fresh Red Pepper Strips Red Delicious Apple / Milk 2	Featured Veggies: Steamed Carrots Fresh Romaine Salad Mandarin Oranges / Milk 3	Featured Veggies: Steamed Corn Fresh Broccoli with Dip Chilled Pineapple / Milk 4
10/9/17	10/10/17	10/11/17	10/12/17	10/13/17
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	Macaroni & Cheese w/ Whole Wheat Bread or Crispy Chicken Patty on Roll
Featured Veggies: Steamed Green Beans Fresh Baby Carrots Chilled Applesauce / Milk 5	Featured Veggies: Hash Brown Triangles Fresh Cucumber Slices Fresh Orange Wedges / Milk 6	Featured Veggies: Steamed Mixed Vegetables Fresh Celery Sticks Chilled Peaches / Milk 1	Featured Veggies: Broccoli with Cheese Sauce Fresh Cherry Tomatoes Chilled Mixed Fruit / Milk 2	Featured Veggies: Candied Sweet Potatoes Fresh Romaine Salad Red Delicious Apple / Milk 3
10/16/17	10/17/17	10/18/17	10/19/17	10/20/17
Crispy Popcorn Chicken with Dinner Roll or Hot Ham & Cheese on Roll	Pepperoni Roll Rolled up Homemade Pizza Slice or Crispy Chicken Patty on Roll	NO SCHOOL 	Soft Pretzels with Cheese Sauce or Mini Corn Dogs	Soft Beef Taco or Crispy Fish Nuggets w/ Whole Wheat Bread
Featured Veggies: Steamed Green Peas Fresh Cucumber Slices Chilled Mixed Fruit / Milk 4	Featured Veggies: Steamed Green Beans Fresh Baby Carrots Chilled Peaches / Milk 5		Featured Veggies: Steamed Carrots Fresh Romaine Salad Mandarin Oranges / Milk 6	Featured Veggies: Steamed Corn Fresh Broccoli with Dip Chilled Pineapple / Milk 1
10/23/17	10/24/17	10/25/17	10/26/17	10/27/17
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	Macaroni & Cheese w/ Whole Wheat Bread or Crispy Chicken Patty on Roll
Featured Veggies: Steamed Green Beans Fresh Baby Carrots Chilled Applesauce / Milk 2	Featured Veggies: Hash Brown Triangles Fresh Cucumber Slices Fresh Orange Wedges / Milk 3	Featured Veggies: Steamed Mixed Vegetables Fresh Celery Sticks Chilled Peaches / Milk 4	Featured Veggies: Broccoli with Cheese Sauce Fresh Cherry Tomatoes Chilled Mixed Fruit / Milk 5	Featured Veggies: Crispy Tater Tots Fresh Celery Sticks Red Delicious Apple / Milk 6
10/30/17	10/31/17	9/27/17	9/28/17	9/29/17
Crispy Popcorn Chicken with Dinner Roll or Hot Ham & Cheese on Roll	Pepperoni Roll Rolled up Homemade Pizza Slice or Crispy Chicken Patty on Roll			
Featured Veggies: Steamed Green Peas Fresh Cucumber Slices Chilled Mixed Fruit / Milk 1	Featured Veggies: Steamed Green Beans Fresh Baby Carrots Chilled Peaches / Milk 2			
Student Paid Lunch \$2.35			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

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

Nardone's Pizza served every day
 M-W-F Cheese Pizza
 T-Th Pepperoni Pizza

Uncrustable PBJ & 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

Join Our Staff!

Call today for an interview to be a substitute team member
 An equal opportunity employer

Menu subject to change