

# Juniata County School District Elementary Lunch Menu October 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<b>10/2/17</b>	<b>10/3/17</b>	<b>10/4/17</b>	<b>10/5/17</b>	<b>10/6/17</b>
Meatball Sub with Mozzarella Cheese or Crispy Chicken Patty on Roll	Hot Turkey Sandwich with Gravy or Cheeseburger on Roll	Beef 'N Cheese Fries with Dinner Roll or Mini Corn Dogs	French Toast Sticks w/ Oven Browned Sausage or Cheesesteak Sub	Macaroni & Cheese w/ Whole Wheat Bread or Crispy Fish Nuggets w/ Whole Wheat Bread
<b>Featured Veggies:</b> Homemade Baked Beans Fresh Celery Sticks Chilled Peaches / Milk 6	<b>Featured Veggies:</b> Mashed Potatoes Fresh Baby Carrots Chilled Mixed Fruit / Milk 1	<b>Featured Veggies:</b> Steamed Green Peas Fresh Romaine Salad Red Delicious Apple / Milk 2	<b>Featured Veggies:</b> Hash Brown Triangles Fresh Cherry Tomatoes Mandarin Oranges / Milk 3	<b>Featured Veggies:</b> Candied Sweet Potatoes Fresh Broccoli with Dip Red Delicious Apple / Milk 4
<b>10/9/17</b>	<b>10/10/17</b>	<b>10/11/17</b>	<b>10/12/17</b>	<b>10/13/17</b>
Crispy Popcorn Chicken with Dinner Roll or Hot Ham & Cheese on Roll	Spaghetti w/ Meat Sauce w/ Whole Wheat Bread or Crispy Chicken Patty on Roll	Hot Turkey & Gravy over Noodles or Mini Corn Dogs	Soft Pretzels with Cheese Sauce or Cheeseburger on Roll	Walking Loco Taco with Dinner Roll or Crispy Fish Nuggets w/ Whole Wheat Bread
<b>Featured Veggies:</b> Homemade Baked Beans Fresh Cucumber Slices Chilled Mixed Fruit / Milk 5	<b>Featured Veggies:</b> Steamed Green Beans Fresh Baby Carrots Chilled Pineapple / Milk 6	<b>Featured Veggies:</b> Mashed Potatoes Fresh Romaine Salad Red Delicious Apple / Milk 1	<b>Featured Veggies:</b> Steamed Carrots Fresh Cherry Tomatoes Mandarin Oranges / Milk 2	<b>Featured Veggies:</b> Crispy Tater Tots Fresh Celery Sticks Chilled Pineapple / Milk 3
<b>10/16/17</b>	<b>10/17/17</b>	<b>10/18/17</b>	<b>10/19/17</b>	<b>10/20/17</b>
Italian Dunkers with Pepperoni or Crispy Chicken Patty on Roll	French Toast Sticks w/ Oven Browned Sausage or Cheesesteak Sub	<b>NO SCHOOL</b> 	Chicken & Waffles with Gravy or Hot Dog on Roll	Macaroni & Cheese w/ Whole Wheat Bread or Meatball Sub with Mozzarella Cheese
<b>Featured Veggies:</b> Steamed Corn Fresh Baby Carrots Chilled Pineapple / Milk 4	<b>Featured Veggies:</b> Hash Brown Triangles Fresh Cucumber Slices Fresh Orange Wedges / Milk 5		<b>Featured Veggies:</b> Mashed Potatoes Fresh Celery & Carrots Red Delicious Apple / Milk 6	<b>Featured Veggies:</b> Homemade Baked Beans Fresh Cherry Tomatoes Chilled Peaches / Milk 1
<b>10/23/17</b>	<b>10/24/17</b>	<b>10/25/17</b>	<b>10/26/17</b>	<b>10/27/17</b>
Crispy Popcorn Chicken with Dinner Roll or Cheeseburger on Roll	Toasted Cheese Sandwich or Chicken Fajita Wrap	Spaghetti & Meatballs w/ Whole Wheat Bread or Mini Corn Dogs	Walking Loco Taco with Dinner Roll or Hot Ham & Cheese on Roll	Soft Pretzels with Cheese Sauce or Meatball Sub with Mozzarella Cheese
<b>Featured Veggies:</b> Candied Sweet Potatoes Broccoli with Cheese Sauce Fresh Orange Wedges / Milk 2	<b>Featured Veggies:</b> Creamy Tomato Soup Fresh Cucumber Slices Chilled Pineapple / Milk 3	<b>Featured Veggies:</b> Steamed Green Peas Fresh Baby Carrots Chilled Peaches / Milk 4	<b>Featured Veggies:</b> Homemade Baked Beans Fresh Cauliflower with Dip Chilled Applesauce / Milk 5	<b>Featured Veggies:</b> Steamed Corn Fresh Broccoli with Dip Chilled Mixed Fruit / Milk 6
<b>10/30/17</b>	<b>10/31/17</b>			
Cheesesteak Sub or Hot Dog on Roll	Chicken Noodle Soup w/ Soft Pretzel Rod or Cheeseburger on Roll			
<b>Featured Veggies:</b> Steamed Carrots Homemade Baked Beans Chilled Peaches / Milk 1	<b>Featured Veggies:</b> Crispy Tater Tots Fresh Cauliflower with Dip Chilled Applesauce / Milk 2			
<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

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

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

### Join Our Staff!

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

Menu subject to change