

Juniata County School District Secondary Lunch Menu October 2017



Monday 10/2/17	Tuesday 10/3/17	Wednesday 10/4/17	Thursday 10/5/17	Friday 10/6/17
Meatball Sub with Mozzarella Cheese or Spicy Chicken Patty on Roll Featured Veggies: Steamed Mixed Vegetables Crispy Tater Tots Chilled Pears / Milk 6	Chicken Alfredo Pasta with Garlic Breadstick or Chili Dog with Buttered Noodles Featured Veggies: Steamed Green Peas Fresh Romaine Salad Chilled Applesauce / Milk 1	Tex-Mex Beef Bowl with Fiesta Rice and Roll or Cheese stick Dippers w/ Marinara Sauce Featured Veggies: Homemade Baked Beans Fresh Red Pepper Strips Chilled Pineapple / Milk 2	Hot Turkey Sandwich with Gravy or Cheeseburger Sub with Lettuce & Tomato Featured Veggies: Mashed Potatoes Fresh Baby Carrots Chilled Mixed Fruit / Milk 3	Pierogies with Dinner Roll or Crispy Fish Sandwich Featured Veggies: Steamed Green Beans Fresh Broccoli with Dip Red Delicious Apple / Milk 4
Check out our variety of Grab-n-Go Salads made fresh for you			A wide variety of Wraps and Sandwiches every day	
10/9/17	10/10/17	10/11/17	10/12/17	10/13/17
Crispy Chicken Nuggets with Dinner Roll or Hot Ham & Cheese on Pretzel Roll Featured Veggies: Homemade Baked Beans Fresh Cucumber Slices Chilled Mixed Fruit / Milk 5	Cheese Ravioli w/ Sauce & Garlic Breadstick or Chicken Fajita Wrap Featured Veggies: Steamed Green Beans Fresh Baby Carrots Chilled Peaches / Milk 6	Mashed Potato Bowl with Dinner Roll or Mini Corn Dogs Featured Veggies: Mashed Potatoes w/ Gravy Fresh Romaine Salad Red Delicious Apple / Milk 1	Pierogies with Dinner Roll or Cheesesteak Sub Featured Veggies: Steamed Carrots Fresh Tomato Wedges Mandarin Oranges / Milk 2	Walking Loco Taco with Dinner Roll or Crispy Fish Sandwich Featured Veggies: Crispy Tater Tots Fresh Celery Sticks Chilled Pineapple / Milk 3
Check out our variety of Grab-n-Go Salads made fresh for you			A wide variety of Wraps and Sandwiches every day	
10/16/17	10/17/17	10/18/17	10/19/17	10/20/17
Meatball Sub with Mozzarella Cheese or Toasted Turkey Bacon Sandwich Featured Veggies: Steamed Corn Fresh Baby Carrots Chilled Pears / Milk 4	French Toast Sticks w/ Oven Brownded Sausage or Spicy Chicken Patty on Roll Featured Veggies: Hash Brown Triangles Fresh Cucumber Slices Fresh Orange Wedges / Milk 5	NO SCHOOL 	Chicken & Waffles with Gravy or Cheese stick Dippers w/ Marinara Sauce Featured Veggies: Mashed Potatoes Fresh Celery & Carrots Red Delicious Apple / Milk 6	Buffalo Chicken & Cheese Flatbread or Chili Dog with Buttered Noodles Featured Veggies: Broccoli with Cheese Sauce Homemade Baked Beans Chilled Peaches / Milk 1
Check out our variety of Grab-n-Go Salads made fresh for you			A wide variety of Wraps and Sandwiches every day	
10/23/17	10/24/17	10/25/17	10/26/17	10/27/17
Crispy Popcorn Chicken with Dinner Roll or Mini Corn Dogs Featured Veggies: Candied Sweet Potatoes Broccoli with Cheese Sauce Fresh Orange Wedges / Milk 2	Toasted Cheese Sandwich or BBQ Pulled Pork on Roll Featured Veggies: Creamy Tomato Soup Fresh Cole Slaw Chilled Peaches / Milk 3	Chicken Alfredo Pasta with Garlic Breadstick or Hot Dog on Roll w/ Sauerkraut & Corn Chips Featured Veggies: Steamed Green Peas Three Bean Salad Red Delicious Apple / Milk 4	Choice of Hard or Soft Beef Tacos or Pepperoni Roll with Marinara Sauce Featured Veggies: Steamed Mixed Vegetables Fresh Baby Carrots Chilled Mixed Fruit / Milk 5	Buffalo Chicken Dip with Nachos or Cheesesteak Sub Featured Veggies: Steamed Corn Fresh Broccoli with Dip Chilled Pineapple / Milk 6
Check out our variety of Grab-n-Go Salads made fresh for you			A wide variety of Wraps and Sandwiches every day	
10/30/17	10/31/17			
Steak & Cheddar Flatbread or Cheese stick Dippers w/ Marinara Sauce Featured Veggies: Steamed Carrots Homemade Baked Beans Chilled Peaches / Milk 1	Chicken Parmesan / Pasta & Garlic Breadstick or Crunchy Southwestern Fish Tacos Featured Veggies: Steamed Green Beans Fresh Cauliflower with Dip Chilled Applesauce / Milk 2	Check out our variety of Grab-n-Go Salads made fresh for you		
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