

Juniata County School District Fermanagh Elementary Lunch Menu November 2017



Monday	Tuesday	Wednesday	Thursday	Friday
		11/1/17 Ranch Chicken & Cheese Sub or Cheeseburger on Roll <hr/> Featured Veggies: Mashed Potato Smiles Fresh Red Pepper Strips Red Delicious Apple / Milk 3	11/2/17 Soft Pretzels with Cheese Sauce or Mini Corn Dogs <hr/> Featured Veggies: Steamed Carrots Fresh Romaine Salad Mandarin Oranges / Milk 4	11/3/17 Soft Beef Taco or Crispy Fish Nuggets w/ Whole Wheat Bread <hr/> Featured Veggies: Steamed Corn Fresh Broccoli with Dip Chilled Pineapple / Milk 5
11/6/17 Chicken Noodle Bake with Dinner Roll or Cheeseburger on Roll <hr/> Featured Veggies: Steamed Green Beans Fresh Baby Carrots Chilled Applesauce / Milk 6	11/7/17 French Toast Sticks w/ Oven Browned Sausage or Cheesesteak Sub <hr/> Featured Veggies: Mashed Potato Smiles Fresh Cucumber Slices Fresh Orange Wedges / Milk 1	11/8/17 Homemade Beef Lasagna with Italian Bread Slice or Hot Dog on Roll <hr/> Featured Veggies: Steamed Mixed Vegetables Fresh Celery Sticks Chilled Peaches / Milk 2	11/9/17 NO SCHOOL 	11/10/17 NO SCHOOL
11/13/17 Crispy Popcorn Chicken with Dinner Roll or Hot Ham & Cheese on Roll <hr/> Featured Veggies: Steamed Green Peas Fresh Cucumber Slices Chilled Mixed Fruit / Milk 3	11/14/17 Pepperoni Roll Rolled up Homemade Pizza Slice or Cheeseburger on Roll <hr/> Featured Veggies: Steamed Green Beans Fresh Baby Carrots Chilled Peaches / Milk 4	11/15/17 Macaroni & Cheese w/ Whole Wheat Bread or Mini Corn Dogs <hr/> Featured Veggies: Mashed Potato Smiles Fresh Red Pepper Strips Red Delicious Apple / Milk 5	11/16/17 Meatball Sub with Mozzarella Cheese or Crispy Chicken Patty on Roll <hr/> Featured Veggies: Steamed Carrots Fresh Romaine Salad Mandarin Oranges / Milk 6	11/17/17 Soft Beef Taco or Crispy Fish Nuggets w/ Whole Wheat Bread <hr/> Featured Veggies: Steamed Corn Fresh Broccoli with Dip Chilled Pineapple / Milk 1
11/20/17 Chicken Noodle Bake with Dinner Roll or Hot Dog on Roll <hr/> Featured Veggies: Steamed Green Beans Fresh Baby Carrots Chilled Applesauce / Milk 2	11/21/17 French Toast Sticks w/ Oven Browned Sausage or Cheesesteak Sub <hr/> Featured Veggies: Mashed Potato Smiles Fresh Cucumber Slices Fresh Orange Wedges / Milk 3	11/22/17 Walking Loco Taco with Dinner Roll or Hot Dog on Roll <hr/> Featured Veggies: Steamed Mixed Vegetables Fresh Celery Sticks Chilled Peaches / Milk 4	11/23/17 NO SCHOOL 	11/24/17 NO SCHOOL
11/27/17 NO SCHOOL 	11/28/17 NO SCHOOL 	11/29/17 Ranch Chicken & Cheese Sub or Cheeseburger on Roll <hr/> Featured Veggies: Mashed Potato Smiles Fresh Red Pepper Strips Red Delicious Apple / Milk 5	11/30/17 Soft Pretzels with Cheese Sauce or Mini Corn Dogs <hr/> Featured Veggies: Steamed Carrots Fresh Romaine Salad Mandarin Oranges / Milk 6	
Student Paid Lunch \$2.35		Student Reduced Lunch \$0.40		Adult Lunch \$3.60
Chris Ammon	General Manager	cammon@jcsdk12.org	(717) 436-2193 ext. 5084	
Kathy Gilson	Food Service Support	kgilson@jcsdk12.org	(717) 436-2111 ext. 5015	

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