

Juniata County School District Secondary Lunch Menu November 2017



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
|  |  | 11/1/17 French Toast Sticks w/ Oven Browned Sausage or Sloppy Joe on Roll Featured Veggies: Hash Brown Triangles Fresh Red Pepper Strips Mandarin Oranges / Milk 3 | 11/2/17 Mashed Potato Bowl with Dinner Roll or Mini Corn Dogs Featured Veggies: Mashed Potatoes with Gravy Fresh Romaine Salad Chilled Mixed Fruit / Milk 4 | 11/3/17 Toasted Cheese Sandwich or Hot Dog on Roll with Sauerkraut & Corn Chips Featured Veggies: Creamy Tomato Soup Fresh Broccoli with Dip Red Delicious Apple / Milk 5 |
| Check out our variety of Grab-n-Go Salads made fresh for you | | | A wide variety of Wraps and Sandwiches every day | |
| 11/6/17 Crispy Chicken Nuggets with Dinner Roll or Cheesesteak Sub Featured Veggies: Broccoli with Cheese Sauce Homemade Baked Beans Chilled Pineapple / Milk 6 | 11/7/17 Macaroni & Cheese with Whole Wheat Bread or Hot Dog on Roll with Sauerkraut & Corn Chips Featured Veggies: Steamed Mixed Vegetables Fresh Tomato Wedges Chilled Mixed Fruit / Milk 1 | 11/8/17 Walking Loco Taco with Dinner Roll or Hot Ham & Cheese on Pretzel Roll Featured Veggies: Steamed Carrots Fresh Cauliflower with Dip Red Delicious Apple / Milk 2 | 11/9/17 NO SCHOOL  | 11/10/17 NO SCHOOL  |
| Check out our variety of Grab-n-Go Salads made fresh for you | | | A wide variety of Wraps and Sandwiches every day | |
| 11/13/17 Meatball Sub with Mozzarella Cheese or Spicy Chicken Patty on Roll Featured Veggies: Steamed Mixed Vegetables Crispy Tater Tots Chilled Peas / Milk 3 | 11/14/17 Chicken Alfredo Pasta with Garlic Breadstick or Chili Dog with Buttered Noodles Featured Veggies: Steamed Green Peas Fresh Romaine Salad Chilled Applesauce / Milk 4 | 11/15/17 Tex-Mex Beef Bowl with Fiesta Rice & Roll or Cheese stick Dippers with Marinara Sauce Featured Veggies: Homemade Baked Beans Fresh Red Pepper Strips Chilled Pineapple / Milk 5 | 11/16/17 Tender Roast Turkey with Homemade Stuffing or Cheeseburger Sub with Lettuce & Tomato Featured Veggies: Mashed Potatoes with Gravy Candied Sweet Potatoes Red Delicious Apple / Milk 6 | 11/17/17 Pierogies with Dinner Roll or Crispy Fish Sandwich Featured Veggies: Broccoli with Cheese Sauce Fresh Celery & Carrots Chilled Peaches / Milk 1 |
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| 11/20/17 Crispy Popcorn Chicken with Dinner Roll or Mini Corn Dogs Featured Veggies: Candied Sweet Potatoes Broccoli with Cheese Sauce Fresh Orange Wedges / Milk 2 | 11/21/17 Toasted Cheese Sandwich or BBQ Pulled Pork on Roll Featured Veggies: Creamy Tomato Soup Fresh Cole Slaw Chilled Peaches / Milk 3 | 11/22/17 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 | 11/23/17 NO SCHOOL  | 11/24/17 NO SCHOOL  |
| Check out our variety of Grab-n-Go Salads made fresh for you | | | A wide variety of Wraps and Sandwiches every day | |
| 11/27/17 NO SCHOOL  | 11/28/17 NO SCHOOL  | 11/29/17 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 | 11/30/17 Cheese Ravioli w/ Sauce & Garlic Breadstick or Chicken Fajita Wrap Featured Veggies: Steamed Green Beans Fresh Baby Carrots Chilled Peaches / Milk 6 |  |
| 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 | |
| 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

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