

Juniata County School District Elementary Lunch Menu January 2018



Monday 1/1/18	Tuesday 1/2/18	Wednesday 1/3/18	Thursday 1/4/18	Friday 1/5/18
		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 4	Pepperoni Roll Rolled up Homemade Pizza Slice or Cheeseburger on Roll <hr/> Featured Veggies: Steamed Green Beans Fresh Baby Carrots Chilled Peaches / Milk 5	Macaroni & Cheese w/ Whole Wheat Bread or Mini Corn Dogs <hr/> Featured Veggies: Mashed Potato Smiles Fresh Red Pepper Strips Red Delicious Apple / Milk 6
1/8/18 Chicken Noodle Bake with Dinner Roll or Cheeseburger on Roll <hr/> Featured Veggies: Steamed Green Beans Fresh Baby Carrots Chilled Applesauce / Milk 1	1/9/18 French Toast Sticks w/ Oven Brownd Sausage or Cheesesteak Sub <hr/> Featured Veggies: Mashed Potato Smiles Fresh Cucumber Slices Fresh Orange Wedges / Milk 2	1/10/18 Walking Loco Taco with Dinner Roll or Hot Dog on Roll <hr/> Featured Veggies: Steamed Mixed Vegetables Fresh Celery Sticks Chilled Peaches / Milk 3	1/11/18 Homemade Beef Lasagna w/ Garlic Bread Slice or Crispy Chicken Patty on Roll <hr/> Featured Veggies: Steamed Green Beans Fresh Romaine Salad Chilled Applesauce / Milk 4	1/12/18 Soft Pretzels with Cheese Sauce or Cheeseburger on Roll <hr/> Featured Veggies: Steamed Carrots Fresh Romaine Salad Chilled Mixed Fruit / Milk 5
1/15/18 NO SCHOOL 	1/16/18 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 6	1/17/18 Pepperoni Roll Rolled up Homemade Pizza Slice or Cheeseburger on Roll <hr/> Featured Veggies: Steamed Green Beans Fresh Baby Carrots Chilled Peaches / Milk 1	1/18/18 Macaroni & Cheese w/ Whole Wheat Bread or Mini Corn Dogs <hr/> Featured Veggies: Mashed Potato Smiles Fresh Red Pepper Strips Red Delicious Apple / Milk 2	1/19/18 NO SCHOOL 
1/22/18 Crispy Popcorn Chicken with Dinner Roll or Hot Ham & Cheese on Roll <hr/> Featured Veggies: Steamed Green Peas Fresh Cucumber Slices Chilled Applesauce / Milk 3	1/23/18 Pepperoni Roll Rolled up Homemade Pizza Slice or Cheeseburger on Roll <hr/> Featured Veggies: Steamed Green Beans Fresh Baby Carrots Chilled Peaches / Milk 4	1/24/18 Macaroni & Cheese w/ Whole Wheat Bread or Mini Corn Dogs <hr/> Featured Veggies: Mashed Potato Smiles Fresh Red Pepper Strips Mandarin Oranges / Milk 5	1/25/18 Meatball Sub with Mozzarella Cheese or Crispy Chicken Patty on Roll <hr/> Featured Veggies: Steamed Carrots Fresh Romaine Salad Red Delicious Apple / Milk 6	1/26/18 Soft Beef Taco or Crispy Fish Nuggets w/ Whole Wheat Bread <hr/> Featured Veggies: Steamed Corn Fresh Broccoli with Dip Chilled Mixed Fruit / Milk 1
1/29/18 Chicken Noodle Bake with Dinner Roll or Hot Dog on Roll <hr/> Featured Veggies: Steamed Green Beans Fresh Baby Carrots Chilled Applesauce / Milk 2	1/30/18 French Toast Sticks w/ Oven Brownd Sausage or Cheesesteak Sub <hr/> Featured Veggies: Mashed Potato Smiles Fresh Cucumber Slices Fresh Orange Wedges / Milk 3	1/31/18 Walking Loco Taco with Dinner Roll or Hot Dog on Roll <hr/> Featured Veggies: Steamed Mixed Vegetables Fresh Celery Sticks Chilled Peaches / Milk 4		
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