



Juniata County School District Secondary Lunch Menu January 2018



Monday 1/1/18	Tuesday 1/2/18	Wednesday 1/3/18	Thursday 1/4/18	Friday 1/5/18
		Choice of Hard or Soft Beef Tacos or Hot Ham & Cheese on Pretzel Roll Featured Veggies: Steamed Corn, Fresh Broccoli with Dip, Chilled Peaches / Milk 4	Buffalo Chicken & Cheese Flatbread or Cheesesteak Sub Featured Veggies: Steamed Green Beans, Fresh Romaine Salad, Red Delicious Apple / Milk 5	Toasted Cheese Sandwich or Chicken Fajita Wrap Featured Veggies: Creamy Tomato Soup, Fresh Celery & Carrots, Chilled Pineapple / Milk 6
High School Weekly Bar- Ballpark Grill			A wide variety of Wraps and Sandwiches every day	
Buffalo Chicken & Cheese Flatbread or Cheese stick Dippers w/ Marinara Dipping Sauce Featured Veggies: Steamed Mixed Vegetables, Fresh Baby Carrots, Chilled Pears / Milk 1	Walking Loco Taco with Dinner Roll or Toasted Turkey & Bacon Sandwich Featured Veggies: Steamed Carrots, Fresh Cucumber Slices, Chilled Peaches / Milk 2	Hot Turkey Sandwich with Gravy or Hot Dog on Roll w/ Sauerkraut & Corn Chips Featured Veggies: Mashed Potatoes, Fresh Broccoli with Dip, Red Delicious Apple / Milk 3	French Toast Sticks w/ Oven Browned Sausage or Spicy Chicken Patty on Roll Featured Veggies: Hash Brown Triangles, Fresh Celery Sticks, Mandarin Oranges / Milk 4	Chicken Fajita Wrap or Cheesesteak Sub Featured Veggies: Homemade Baked Beans, Fresh Romaine Salad, Chilled Mixed Fruit / Milk 5
High School Weekly Bar- Burger Bar			A wide variety of Wraps and Sandwiches every day	
1/15/18 NO SCHOOL 	Nachos Grande with Tortilla Chips or Mini-Corn Dogs Featured Veggies: Steamed Carrots, Fresh Cucumber Slices, Chilled Mixed Fruit / Milk 6	Chicken Parmesan / Pasta with Garlic Breadstick or Sloppy Joe on Roll Featured Veggies: Steamed Green Beans, Fresh Romaine Salad, Chilled Pineapple / Milk 1	Buffalo Chicken Dip with Nachos or BBQ Pulled Pork on Roll Featured Veggies: Steamed Green Peas, Fresh Broccoli with Dip, Red Delicious Apple / Milk 2	1/19/18 NO SCHOOL 
High School Weekly Bar- Asian Noodle Bar			A wide variety of Wraps and Sandwiches every day	
Cheesesteak Sub or Chicken Fajita Wrap Featured Veggies: Sweet Potato Fries, Broccoli with Cheese Sauce, Chilled Applesauce / Milk 3	Toasted Cheese Sandwich or Chili Dog on Roll with Corn Chips Featured Veggies: Creamy Tomato Soup, Fresh Cole Slaw, Chilled Peaches / Milk 4	French Toast Sticks with Oven Browned Sausage or Spicy Chicken Patty on Roll Featured Veggies: Hash Brown Triangles, Fresh Cucumber Slices, Fresh Orange Wedges / Milk 5	Mashed Potato Bowl with Dinner Roll or Hot Ham & Cheese on Pretzel Roll Featured Veggies: Assorted Steamed Veggies, Assorted Fresh Veggies, Assorted Fruits / Milk 6	Macaroni & Cheese w/ Whole Wheat Bread or Crispy Fish Sticks with Dinner Roll Featured Veggies: Homemade Baked Beans, Fresh Romaine Salad, Chilled Mixed Fruit / Milk 1
High School Weekly Bar- Jacked-Up Fry Bar			A wide variety of Wraps and Sandwiches every day	
Crispy Popcorn Chicken with Dinner Roll or Meatball Sub with Mozzarella Cheese Featured Veggies: Sweet Potato Fries, Broccoli with Cheese Sauce, Chilled Applesauce / Milk 2	Nachos Grande with Tortilla Chips or Mini-Corn Dogs Featured Veggies: Creamy Tomato Soup, Fresh Cole Slaw, Chilled Peaches / Milk 3	French Toast Sticks with Oven Browned Sausage or Turkey & Cheese Flatbread Featured Veggies: Hash Brown Triangles, Assorted Fresh Veggies, Assorted Fruits / Milk 4		
High School Weekly Bar- Pasta Bar			A wide variety of Wraps and Sandwiches every day	
Student Paid Lunch \$2.60		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

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