

Juniata County School District Secondary Lunch Menu February 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			2/1/18 Hot Turkey Sandwich with Gravy or Chili Dog on Roll with Corn Chips Featured Veggies: Mashed Potatoes Fresh Celery & Carrots Red Delicious Apple / Milk 4	2/2/18 Pepperoni Roll with Marinara Sauce or Cheesesteak Sub Featured Veggies: Homemade Baked Beans Fresh Celery & Carrots Chilled Pineapple / Milk 5
High School Weekly Bar- Pasta Bar			A wide variety of Wraps and Sandwiches every day	
2/5/18 Buffalo Chicken & Cheese Flatbread or Cheese stick Dippers w/ Marinara Dipping Sauce Featured Veggies: Steamed Mixed Vegetables Fresh Baby Carrots Chilled Peaches / Milk 6	2/6/18 Toasted Cheese Sandwich or Chicken Fajita Wrap Featured Veggies: Creamy Tomato Soup Three Bean Salad Chilled Peaches / Milk 1	2/7/18 French Toast Sticks w/ Oven Browned Sausage or Sloppy Joe on Roll Featured Veggies: Hash Brown Triangles Fresh Broccoli with Dip Fresh Orange Wedges / Milk 2	2/8/18 Mashed Potato Bowl with Dinner Roll or Hot Ham & Cheese on Pretzel Roll Featured Veggies: Steamed Corn Fresh Celery Sticks Red Delicious Apple / Milk 3	2/9/18 Macaroni & Cheese w/ Whole Wheat Bread or Crispy Fish Sticks w/ Whole Wheat Bread Featured Veggies: Stewed Tomatoes Fresh Romaine Salad Chilled Mixed Fruit / Milk 4
High School Weekly Bar- Burger Bar			A wide variety of Wraps and Sandwiches every day	
2/12/18 Crispy Chicken Nuggets with Dinner Roll or Cheesesteak Sub Featured Veggies: Homemade Baked Beans Broccoli with Cheese Sauce Chilled Peaches / Milk 5	2/13/18 Nachos Grande with Tortilla Chips or Hot Ham & Cheese on Pretzel Roll Featured Veggies: Steamed Corn Fresh Romaine Salad Chilled Mixed Fruit / Milk 6	2/14/18 Toasted Cheese Sandwich or Chicken Fajita Wrap Featured Veggies: Creamy Tomato Soup Fresh Broccoli with Dip Chilled Pineapple / Milk 1	2/15/18 Buffalo Chicken & Cheese Flatbread or Cheesesteak Sub Featured Veggies: Steamed Green Peas Fresh Baby Carrots Red Delicious Apple / Milk 2	2/16/18 NO SCHOOL 
High School Weekly Bar- Asian Bar			A wide variety of Wraps and Sandwiches every day	
2/19/18 Meatball Sub with Mozzarella Cheese or Chicken Fajita Wrap Featured Veggies: Sweet Potato Fries Fresh Cauliflower with Dip Chilled Peaches / Milk 3	2/20/18 Walking Loco Taco with Dinner Roll or Toasted Turkey & Bacon Sandwich Featured Veggies: Steamed Carrots Fresh Cucumber Slices Chilled Peaches / Milk 4	2/21/18 Hot Turkey Sandwich with Gravy or Hot Dog on Roll w/ Sauerkraut & Corn Chips Featured Veggies: Mashed Potatoes Fresh Broccoli with Dip Fresh Orange Wedges / Milk 5	2/22/18 French Toast Sticks w/ Oven Browned Sausage or Spicy Chicken Patty on Roll Featured Veggies: Hash Brown Triangles Fresh Celery & Carrots Mandarin Oranges / Milk 6	2/23/18 Chicken Fajita Wrap or Cheesesteak Sub Featured Veggies: Homemade Baked Beans Fresh Romaine Salad Chilled Mixed Fruit / Milk 1
High School Weekly Bar- Tater Tot Bar			A wide variety of Wraps and Sandwiches every day	
2/26/18 Crispy Chicken Nuggets with Dinner Roll or Hot Ham & Cheese on Pretzel Roll Featured Veggies: Homemade Baked Beans Broccoli with Cheese Sauce Chilled Applesauce / Milk 2	2/27/18 Nachos Grande with Tortilla Chips or Mini-Corn Dogs Featured Veggies: Steamed Carrots Fresh Cucumber Slices Chilled Peaches / Milk 3	2/28/18 Chicken Parmesan / Pasta with Garlic Breadstick or Sloppy Joe on Roll Featured Veggies: Steamed Green Beans Fresh Romaine Salad Chilled Mixed Fruit / Milk 4		
High School Weekly Bar- Breakfast 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