

Juniata County School District Secondary Lunch Menu March 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			3/1/18 Buffalo Chicken Dip with Nachos or BBQ Pulled Pork on Roll Featured Veggies: Steamed Green Peas Fresh Broccoli with Dip Red Delicious Apple / Milk 3	3/2/18 Walking Loco Taco with Dinner Roll or Crispy Fish Sticks with Dinner Roll Featured Veggies: Crispy Tater Tots Fresh Celery & Carrots Chilled Pineapple / Milk 4
High School Weekly Bar- Pasta Bar			A wide variety of Wraps and Sandwiches every day	
3/5/18	3/6/18	3/7/18	3/8/18	3/9/18
Cheese Steak Sub or Chicken Fajita Wrap Featured Veggies: Homemade Baked Beans Broccoli with Cheese Sauce Chilled Applesauce / Milk 5	Toasted Cheese Sandwich or Chili Dog on Roll with Corn Chips Featured Veggies: Creamy Tomato Soup Fresh Cole Slaw Chilled Peaches / Milk 6	French Toast Sticks w/ Oven Browned Sausage or Spicy Chicken Patty on Roll Featured Veggies: Hash Brown Triangles Fresh Cucumber Slices Fresh Orange Wedges / Milk 1	Mashed Potato Bowl with Dinner Roll or Hot Ham & Cheese on Pretzel Roll Featured Veggies: Steamed Corn Fresh Celery & Carrots Red Delicious Apple / Milk 2	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 3
High School Weekly Bar- Burger Bar			A wide variety of Wraps and Sandwiches every day	
3/12/18	3/13/18	3/14/18	3/15/18	3/16/18
Crispy Popcorn Chicken with Dinner Roll or Meatball Sub with Mozzarella Cheese Featured Veggies: Sweet Potato Fries Broccoli with Cheese Sauce Chilled Applesauce / Milk 4	Nachos Grande with Tortilla Chips or Mini Corn Dogs Featured Veggies: Steamed Corn Fresh Cucumber Slices Chilled Mixed Fruit / Milk 5	French Toast Sticks with Oven Browned Sausage or Turkey & Cheese Flatbread Featured Veggies: Hash Brown Triangles Fresh Celery & Carrots Mandarin Oranges / Milk 6	Hot Turkey Sandwich with Gravy or Hot Dog on Roll with Sauerkraut & Corn Chips Featured Veggies: Mashed Potatoes Fresh Romaine Salad Red Delicious Apple / Milk 1	NO SCHOOL 
High School Weekly Bar- Asian Bar			A wide variety of Wraps and Sandwiches every day	
3/19/18	3/20/18	3/21/18	3/22/18	3/23/18
Buffalo Chicken & Cheese Flatbread or Cheese stick Dippers w/ Marinara Dipping Sauce Featured Veggies: Steamed Mixed Vegetables Fresh Baby Carrots Chilled Peaches / Milk 2	Toasted Cheese Sandwich or Chicken Fajita Wrap Featured Veggies: Creamy Tomato Soup Three Bean Salad Chilled Mixed Fruit / Milk 3	French Toast Sticks with Oven Browned Sausage or Sloppy Joe on Roll Featured Veggies: Hash Brown Triangles Fresh Broccoli with Dip Fresh Orange Wedges / Milk 4	Mashed Potato Bowl with Dinner Roll or Hot Ham & Cheese on Pretzel Roll Featured Veggies: Steamed Corn Fresh Celery & Carrots Red Delicious Apple / Milk 5	Macaroni & Cheese w/ Whole Wheat Bread or Crispy Fish Sticks w/ Whole Wheat Bread Featured Veggies: Steamed Green Peas Fresh Romaine Salad Chilled Mixed Fruit / Milk 6
High School Weekly Bar- Tater Tot Bar			A wide variety of Wraps and Sandwiches every day	
3/26/18	3/27/18	3/28/18	3/29/18	3/30/18
Crispy Chicken Nuggets with Dinner Roll or Cheese Steak Sub Featured Veggies: Homemade Baked Beans Broccoli with Cheese Sauce Chilled Peaches / Milk 1	Nachos Grande with Tortilla Chips or Mini-Corn Dogs Featured Veggies: Steamed Carrots Fresh Cucumber Slices Red Delicious Apple / Milk 2	Buffalo Chicken & Cheese Flatbread or Meatball Sub with Mozzarella Cheese Featured Veggies: Steamed Green Beans Fresh Celery Sticks Chilled Mixed Fruit / Milk 3	Pepperoni Roll with Marinara Sauce or Chicken Fajita Wrap Featured Veggies: Steamed Green Peas Fresh Broccoli with Dip Red Delicious Apple / Milk 4	NO SCHOOL 
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