

# Juniata County School District Secondary Lunch Menu April 2018



| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--|--|---|--|--|
| 4/2/18   | 4/3/18   | 4/4/18  | 4/5/18   | 4/6/18   |
| <b>NO SCHOOL</b><br>   | Toasted Cheese Sandwich<br>or<br>Chili Dog on Roll with Corn Chips<br><hr/> Featured Veggies:<br>Creamy Tomato Soup<br>Fresh Romaine Salad<br>Chilled Applesauce / Milk<br>5 | French Toast Sticks w/ Oven Browned Sausage<br>or<br>Spicy Chicken Patty on Roll<br><hr/> Featured Veggies:<br>Hash Brown Triangles<br>Fresh Cucumber Slices<br>Fresh Orange Wedges / Milk<br>6 | Buffalo Chicken Dip with Nachos<br>or<br>BBQ Pulled Pork on Roll<br><hr/> Featured Veggies:<br>Steamed Green Peas<br>Fresh Broccoli with Dip<br>Chilled Pineapple / Milk<br>1            | Walking Loco Taco with Dinner Roll<br>or<br>Crispy Fish Sticks with Dinner Roll<br><hr/> Featured Veggies:<br>Steamed Corn<br>Fresh Celery & Carrots<br>Red Delicious Apple / Milk<br>2                  |
| High School Weekly Bar- Taco Bar   |  |   | A wide variety of Wraps and Sandwiches every day   |  |
| 4/9/18   | 4/10/18  | 4/11/18   | 4/12/18  | 4/13/18  |
| Crispy Popcorn Chicken with Dinner Roll<br>or<br>Meatball Sub with Mozzarella Cheese<br><hr/> Featured Veggies:<br>Broccoli with Cheese Sauce<br>Homemade Baked Beans<br>Chilled Peas / Milk<br>3        | Nachos Grande with Tortilla Chips<br>or<br>Mini Corn Dogs<br><hr/> Featured Veggies:<br>Steamed Corn<br>Fresh Cucumber Slices<br>Chilled Applesauce / Milk<br>4              | Chicken Parmesan & Pasta w/ Garlic Breadstick<br>or<br>Cheesesteak Sub<br><hr/> Featured Veggies:<br>Steamed Carrots<br>Fresh Celery Sticks<br>Fresh Orange Wedges / Milk<br>5                  | Hot Turkey Sandwich with Gravy<br>or<br>Hot Dog on Roll with Sauerkraut & Corn Chips<br><hr/> Featured Veggies:<br>Mashed Potatoes<br>Fresh Romaine Salad<br>Chilled Peaches / Milk<br>6 | Pepperoni Roll with Marinara Sauce<br>or<br>Cheesesteak Sub<br><hr/> Featured Veggies:<br>Steamed Mixed Vegetables<br>Fresh Romaine Salad<br>Chilled Mixed Fruit / Milk<br>1                             |
| High School Weekly Bar- Burger Bar   |  |   | A wide variety of Wraps and Sandwiches every day   |  |
| 4/16/18  | 4/17/18  | 4/18/18   | 4/19/18  | 4/20/18  |
| Buffalo Chicken & Cheese Flatbread<br>or<br>Cheese stick Dippers w/ Marinara Dipping Sauce<br><hr/> Featured Veggies:<br>Steamed Green Peas<br>Fresh Broccoli with Dip<br>Chilled Applesauce / Milk<br>2 | Toasted Cheese Sandwich<br>or<br>Chicken Fajita Wrap<br><hr/> Featured Veggies:<br>Creamy Tomato Soup<br>Three Bean Salad<br>Chilled Mixed Fruit / Milk<br>3                 | French Toast Sticks with Oven Browned Sausage<br>or<br>Sloppy Joe on Roll<br><hr/> Featured Veggies:<br>Hash Brown Triangles<br>Fresh Celery & Carrots<br>Mandarin Oranges / Milk<br>4          | Mashed Potato Bowl with Dinner Roll<br>or<br>Hot Ham & Cheese on Pretzel Roll<br><hr/> Featured Veggies:<br>Steamed Corn<br>Fresh Red Pepper Strips<br>Red Delicious Apple / Milk<br>5   | Macaroni & Cheese w/ Whole Wheat Bread<br>or<br>Crispy Fish Sticks w/ Whole Wheat Bread<br><hr/> Featured Veggies:<br>Stewed Tomatoes<br>Fresh Romaine Salad<br>Chilled Mixed Fruit / Milk<br>6          |
| High School Weekly Bar- Ball Park Grill Bar  |  |   | A wide variety of Wraps and Sandwiches every day   |  |
| 4/23/18  | 4/24/18  | 4/25/18   | 4/26/18  | 4/27/18  |
| Crispy Chicken Nuggets with Dinner Roll<br>or<br>Hot Ham & Cheese on Pretzel Roll<br><hr/> Featured Veggies:<br>Homemade Baked Beans<br>Broccoli with Cheese Sauce<br>Chilled Peaches / Milk<br>1        | Nachos Grande with Tortilla Chips<br>or<br>Mini Corn Dog<br><hr/> Featured Veggies:<br>Steamed Carrots<br>Fresh Cucumber Slices<br>Chilled Mixed Fruit / Milk<br>2           | Buffalo Chicken Dip with Nachos<br>or<br>Meatball Sub with Mozzarella Cheese<br><hr/> Featured Veggies:<br>Steamed Green Beans<br>Fresh Cauliflower with Dip<br>Fresh Orange Wedges / Milk<br>3 | Toasted Cheese Sandwich<br>or<br>Chicken Fajita Wrap<br><hr/> Featured Veggies:<br>Creamy Tomato Soup<br>Fresh Celery & Carrots<br>Red Delicious Apple / Milk<br>4                       | Chicken Alfredo Pasta with Garlic Breadstick<br>or<br>Crispy Fish Sticks w/ Whole Wheat Bread<br><hr/> Featured Veggies:<br>Steamed Green Peas<br>Fresh Romaine Salad<br>Chilled Mixed Fruit / Milk<br>5 |
| High School Weekly Bar- Tater Tot Bar  |  |   | A wide variety of Wraps and Sandwiches every day   |  |
| 4/30/18  |  |   |  |  |
| Turkey & Cheese Flatbread<br>or<br>Cheesesteak Sub<br><hr/> Featured Veggies:<br>Steamed Mixed Vegetables<br>Broccoli with Cheese Sauce<br>Chilled Peaches / Milk<br>6                                   |   |    |   |    |
| High School Weekly Bar- Pasta Bar  |  |   | A wide variety of Wraps and Sandwiches every day   |  |
| <b>Student Paid Lunch \$2.60</b>   |  |   | <b>Student Reduced Lunch \$0.40</b>  |  |
| <b>Adult Lunch \$3.60</b>  |  |   |  |  |
| Chris Ammon  | General Manager  | <a href="mailto:cammon@jcsdk12.org">cammon@jcsdk12.org</a>  | (717) 436-2193 ext. 5084   |  |
| Kathy Gilson   | Food Service Support   | <a href="mailto:kgilson@jcsdk12.org">kgilson@jcsdk12.org</a>  | (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