

# Juniata County School District Walker Elementary Lunch Menu May-June 2018



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>5/1/18</b> Cheese Ravioli with Toasted Garlic Bread or Hot Dog on Roll  Featured Veggies: Steamed Mixed Vegetables Fresh Baby Carrots Chilled Mixed Fruit / Milk 6	<b>5/2/18</b> Crispy Fish Sticks with Whole Wheat Bread or Chicken Fajita Wrap  Featured Veggies: Crispy French Fries Fresh Red Peppers Mandarin Oranges / Milk 1	<b>5/3/18</b> Chicken Noodle Soup w/ Soft Pretzel Rod or Hot Ham & Cheese Sub  Featured Veggies: Steamed Carrots Fresh Romaine Salad Chilled Peaches / Milk 2	<b>5/4/18</b> Walking Loco Taco with Dinner Roll or Cheeseburger on Roll  Featured Veggies: Steamed Corn Fresh Broccoli with Dip Chilled Applesauce / Milk 3
<b>5/7/18</b> Spaghetti & Meat Sauce w/ Toasted Garlic Bread or BBQ Chicken Sub  Featured Veggies: Steamed Mixed Vegetables Fresh Baby Carrots Chilled Peaches / Milk 4	<b>5/8/18</b> Crispy Fish Sticks with Whole Wheat Bread or Soft Beef Taco  Featured Veggies: Mashed Potatoes w/ Gravy Fresh Cucumber Slices Chilled Peaches / Milk 5	<b>5/9/18</b> French Toast Sticks w/ Oven Browned Sausage or Hot Ham & Cheese on Roll  Featured Veggies: Hash Brown Triangles Fresh Romaine Salad Fresh Orange Wedges /Milk 6	<b>5/10/18</b> Hot Turkey Sandwich with Gravy or Cheeseburger on Roll  Featured Veggies: Mashed Potatoes Fresh Broccoli with Dip Red Delicious Apple / Milk 1	<b>5/11/18</b> Macaroni & Cheese w/ Whole Wheat Bread or Crispy Chicken Patty on Roll  Featured Veggies: Homemade Baked Beans Fresh Romaine Salad Chilled Mixed Fruit / Milk 2
<b>5/14/18</b> Italian Dunkers with Pepperoni or Chicken Fajita Wrap  Featured Veggies: Steamed Green Beans Fresh Celery Sticks Chilled Peaches / Milk 3	<b>5/15/18</b> Cheese Ravioli with Toasted Garlic Bread or Cheesesteak Sub  Featured Veggies: Steamed Corn Homemade Baked Beans Chilled Applesauce / Milk 4	<b>5/16/18</b> Walking Loco Taco with Dinner Roll or Chicken Patty on Roll  Featured Veggies: Steamed Carrots Fresh Cucumber Slices Mandarin Oranges / Milk 5	<b>5/17/18</b> Chicken Noodle Soup w/ Soft Pretzel Rod or Sloppy Joe On Roll  Featured Veggies: Steamed Mixed Vegetables Fresh Baby Carrots Chilled Pineapple / Milk 6	<b>5/18/18</b> Crispy Fish Sticks with Whole Wheat Bread or Hot Dog on Roll  Featured Veggies: Steamed Green Peas Fresh Broccoli with Dip Red Delicious Apple / Milk 1
<b>5/21/18</b> Chicken Patty on Roll or Chef's Choice (Menu to be announced)  Featured Veggies: Assorted Steamed Veggies Assorted Fresh Veggies Assorted Fruits / Milk 2	<b>5/22/18</b> Nachos Grande with Tortilla Chips or Chef's Choice (Menu to be announced)  Featured Veggies: Assorted Steamed Veggies Assorted Fresh Veggies Assorted Fruits / Milk 3	<b>5/23/18</b> Spaghetti & Meat Sauce w/ Toasted Garlic Bread or Chef's Choice (Menu to be announced)  Featured Veggies: Assorted Steamed Veggies Assorted Fresh Veggies Assorted Fruits / Milk 4	<b>5/24/18</b> Hot Turkey Sandwich with Gravy or Chef's Choice (Menu to be announced)  Featured Veggies: Assorted Steamed Veggies Assorted Fresh Veggies Assorted Fruits / Milk 5	<b>5/25/18</b> Macaroni & Cheese w/ Whole Wheat Bread or Chef's Choice (Menu to be announced)  Featured Veggies: Assorted Steamed Veggies Assorted Fresh Veggies Assorted Fruits / Milk 6
<b>5/28/18</b> NO SCHOOL  	<b>5/29/18</b> Meatball Sub with Mozzarella Cheese or Chef's Choice (Menu to be announced)  Featured Veggies: Assorted Steamed Veggies Assorted Fresh Veggies Assorted Fruits / Milk 1	<b>5/30/18</b> Walking Loco Taco with Dinner Roll or Chef's Choice (Menu to be announced)  Featured Veggies: Assorted Steamed Veggies Assorted Fresh Veggies Assorted Fruits / Milk 2	<b>5/31/18</b> Cheesesteak Stromboli with Sauce or Chef's Choice (Menu to be announced)  Featured Veggies: Assorted Steamed Veggies Assorted Fresh Veggies Assorted Fruits / Milk 3	<b>6/1/18</b> Crispy Fish Sticks with Whole Wheat Bread or Chef's Choice (Menu to be announced)  Featured Veggies: Assorted Steamed Veggies Assorted Fresh Veggies Assorted Fruits / Milk 4
<b>6/4/18</b> Italian Dunkers with Dipping Sauce or Chef's Choice (Menu to be announced)  Featured Veggies: Assorted Steamed Veggies Assorted Fresh Veggies Assorted Fruits / Milk 5				
<b>Student Paid Lunch \$2.35      Student Reduced Lunch \$0.40      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

**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,

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 PBJ & 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!**

We need your smile!  
Call today for an interview to be a substitute team member  
Menu subject to change