

**Juniata County School District
Secondary Lunch Menu
May-June 2018**



Monday	Tuesday	Wednesday	Thursday	Friday
	5/1/18 Walking Loco Taco with Dinner Roll or Toasted Turkey Bacon Sandwich Featured Veggies: Steamed Carrots Fresh Cucumber Slices Mandarin Oranges / Milk 6	5/2/18 Hot Turkey Sandwich with Gravy or Hot Dog on Roll with Sauerkraut & Corn Chips Featured Veggies: Mashed Potatoes Fresh Red Pepper Strips Chilled Peaches / Milk 1	5/3/18 French Toast Sticks w/ Oven Browned Sausage or Cheeseburger Sub Featured Veggies: Hash Brown Triangles Fresh Baby Carrots Chilled Peaches / Milk 2	5/4/18 Cheesesteak Sub or Chef's Choice (Menu to be announced) Featured Veggies: Homemade Baked Beans Fresh Broccoli with Dip Red Delicious Apple / Milk 3
	High School Weekly Bar- Weekly Bar to Be Announced			A wide variety of Wraps and Sandwiches every day
5/7/18 Crispy Chicken Nuggets with Dinner Roll or Hot Ham & Cheese on Pretzel Roll Featured Veggies: Broccoli with Cheese Sauce Homemade Baked Beans Red Delicious Apple / Milk 4	5/8/18 Nachos Grande with Tortilla Chips or Mini Corn Dogs Featured Veggies: Steamed Carrots Fresh Cucumber Slices Chilled Peaches / Milk 5	5/9/18 Chicken Parmesan/Pasta w/ Garlic Breadstick or Sloppy Joe on Roll Featured Veggies: Steamed Green Beans Fresh Romaine Salad Fresh Orange Wedges / Milk 6	5/10/18 Buffalo Chicken Dip with Nachos or BBQ Pulled Pork on Roll Featured Veggies: Steamed Green Peas Fresh Broccoli with Dip Chilled Peas / Milk 1	5/11/18 Walking Loco Taco with Dinner Roll or Chef's Choice (Menu to be announced) Featured Veggies: Steamed Mixed Vegetables Fresh Baby Carrots Chilled Mixed Fruit / Milk 2
High School Weekly Bar- Weekly Bar to be Announced			A wide variety of Wraps and Sandwiches every day	
5/14/18 Cheesesteak Sub or Chicken Fajita Wrap Featured Veggies: Broccoli with Cheese Sauce Homemade Baked Beans Chilled Peaches / Milk 3	5/15/18 Toasted Cheese Sandwich or Chili Dog on Roll with Corn Chips Featured Veggies: Creamy Tomato Soup Fresh Cole Slaw Chilled Mixed Fruit / Milk 4	5/16/18 French Toast Sticks with Oven Browned Sausage or Spicy Chicken Patty on Roll Featured Veggies: Hash Brown Triangles Fresh Cucumber Slices Mandarin Oranges / Milk 5	5/17/18 Mashed Potato Bowl with Dinner Roll or Hot Ham & Cheese on Pretzel Roll Featured Veggies: Steamed Corn Fresh Red Pepper Strips Red Delicious Apple / Milk 6	5/18/18 Macaroni & Cheese w/ Whole Wheat Bread or Chef's Choice (Menu to be announced) Featured Veggies: Stewed Tomatoes Fresh Romaine Salad Chilled Mixed Fruit / Milk 1
High School Weekly Bar- Weekly Bar to be Announced			A wide variety of Wraps and Sandwiches every day	
5/21/18 Crispy Popcorn Chicken with Dinner Roll or Meatball Sub with Mozzarella Cheese Featured Veggies: Homemade Baked Beans Broccoli with Cheese Sauce Chilled Peas / Milk 2	5/22/18 Nachos Grande with Tortilla Chips or Mini Corn Dog Featured Veggies: Steamed Corn Fresh Cucumber Slices Chilled Mixed Fruit / Milk 3	5/23/18 BBQ Pulled Pork on Roll or Cheesesteak Sub Featured Veggies: Steamed Green Beans Fresh Cauliflower with Dip Fresh Orange Wedges / Milk 4	5/24/18 Hot Turkey Sandwich with Gravy or Cheeseburger Sub Featured Veggies: Mashed Potatoes Fresh Celery & Carrots Red Delicious Apple / Milk 5	5/25/18 Pepperoni Roll with Marinara Sauce or Chef's Choice (Menu to be announced) Featured Veggies: Steamed Carrots Fresh Tomato Wedges Mandarin Oranges / Milk 6
High School Weekly Bar- Weekly Bar to be Announced			A wide variety of Wraps and Sandwiches every day	
5/28/18 NO SCHOOL 	5/29/18 French Toast Sticks with Oven Browned Sausage or Sloppy Joe on Roll Featured Veggies: Hash Brown Triangles Fresh Celery & Carrots Fresh Orange Wedges / Milk 1	5/30/18 Toasted Cheese Sandwich or Chicken Fajita Wrap Featured Veggies: Creamy Tomato Soup Fresh Romaine Salad Chilled Mixed Fruit / Milk 2	5/31/18 Mashed Potato Bowl with Dinner Roll or Hot Ham & Cheese on Pretzel Roll Featured Veggies: Steamed Corn Assorted Fresh Veggies Assorted Fruits / Milk 3	6/1/18 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 4
High School Weekly Bar- Weekly Bar to be Announced			A wide variety of Wraps and Sandwiches every day	
6/4/18 Buffalo Chicken Flatbread or Chef's Choice (Menu to be announced) Featured Veggies: Assorted Steamed Veggies Assorted Fresh Veggies Assorted Fruits / Milk 5				
HAVE AN AWESOME SUMMER!!!!			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, Melon Bar, Asian Bar, Jack'dUp Fry Bar, Pasta Bar, and Burger Bar

This institution is an equal opportunity provider
 Menu subject to change

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