

SEPTEMBER 2018



JUNIATA COUNTY SCHOOL DISTRICT ELEMENTARY LUNCH MENU

What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.
Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch
Meal or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white, and fat-free chocolate

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Beans/Peas
Starchy - white potatoes, corn, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Daily Entree Options may include:

Crispy Chicken Nuggets served with a Dinner Roll

Nardone's Pizza served daily
M-W-F Cheese Pizza
T-Th Pepperoni Pizza

Uncrustable PB&J & Mozzarella Cheese Stick

Fresh Made Craveable Lunches with Dinner Roll

Fruit & Yogurt Parfait w/Graham Snack & String Cheese

Lunch Prices
Student \$2.50
Reduced \$1.40
Adult \$3.75

Chris Ammon- General Manager
(717) 436-2111 ext. 5084
cammon@icsdk12.org

Kathy Gilson- Food Service Support
(717) 436-2111 ext. 5015

USDA is an equal opportunity provider and employer.
Menu subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 NO SCHOOL</p>	<p>4 Crispy Popcorn Chicken with Dinner Roll or Hot Ham & Cheese on Roll</p> <p>Featured Veggies: Homemade Baked Beans Fresh Cucumber Slices Chilled Mixed Fruit Choice of Milk 1</p>	<p>5 Hot Turkey & Gravy over Noodles or Mini Corn Dogs</p> <p>Featured Veggies: Mashed Potatoes Fresh Red Pepper Strips Red Delicious Apple Choice of Milk 2</p>	<p>6 Soft Pretzels with Cheese Sauce or Cheeseburger on Roll</p> <p>Featured Veggies: Steamed Carrots Fresh Romaine Salad Mandarin Oranges Choice of Milk 3</p>	<p>7 Walking Loco Taco with Dinner Roll or Crispy Fish Sticks with Dinner Roll</p> <p>Featured Veggies: Steamed Corn Fresh Celery Sticks Chilled Applesauce Choice of Milk 4</p>
<p>10 Italian Dunkers with Pepperoni or Crispy Chicken Patty on Roll</p> <p>Featured Veggies: Steamed Green Beans Fresh Celery & Carrots Chilled Pineapple Choice of Milk 5</p>	<p>11 French Toast Sticks w/ Oven Browned Sausage or Cheesesteak Sub</p> <p>Featured Veggies: Hash Brown Triangles Fresh Cucumber Slices Fresh Orange Wedges Choice of Milk 6</p>	<p>12 Homemade Chicken Noodle Soup/ Soft Pretzel or Cheeseburger on Roll</p> <p>Featured Veggies: Broccoli w/ Cheese Sauce Fresh Baby Carrots Chilled Peaches Choice of Milk 1</p>	<p>13 Hot Turkey Sandwich with Gravy or Hot Dog on Roll</p> <p>Featured Veggies: Mashed Potatoes Fresh Romaine Salad Red Delicious Apple Choice of Milk 2</p>	<p>14 Macaroni & Cheese w/ Whole Wheat Bread or Meatball Sub with Mozzarella Cheese</p> <p>Featured Veggies: Homemade Baked Beans Fresh Cherry Tomatoes Chilled Peaches Choice of Milk 3</p>
<p>17 Crispy Popcorn Chicken with Dinner Roll or Cheeseburger on Roll</p> <p>Featured Veggies: Candied Sweet Potatoes Broccoli with Cheese Sauce Fresh Orange Wedges Choice of Milk 4</p>	<p>18 Toasted Cheese Sandwich or Chicken Fajita Wrap</p> <p>Featured Veggies: Creamy Tomato Soup Fresh Cucumber Slices Chilled Pineapple Choice of Milk 5</p>	<p>19 Spaghetti & Meat Sauce w/ Whole Wheat Bread or Mini Corn Dogs</p> <p>Featured Veggies: Steamed Green Peas Fresh Broccoli with Dip Chilled Peaches Choice of Milk 6</p>	<p>20 Walking Loco Taco with Dinner Roll or Crispy Chicken Patty on Roll</p> <p>Featured Veggies: Steamed Corn Homemade Baked Beans Chilled Applesauce Choice of Milk 1</p>	<p>21 Homemade Ham & Cheese Stromboli or Soft Beef Taco</p> <p>Featured Veggies: Steamed Mixed Vegetables Fresh Cherry Tomatoes Chilled Mixed Fruit Choice of Milk 2</p>
<p>24 Meatball Sub with Mozzarella Cheese or Hot Dog on Roll</p> <p>Featured Veggies: Steamed Carrots Homemade Baked Beans Chilled Pears Choice of Milk 3</p>	<p>25 French Toast Sticks w/ Oven Browned Sausage or Cheeseburger on Roll</p> <p>Featured Veggies: Hash Brown Triangles Fresh Red Pepper Strips Mandarin Oranges Choice of Milk 4</p>	<p>26 Nachos Grande / Tortilla Chips & Cheese Sauce or Hot Ham & Cheese on Roll</p> <p>Featured Veggies: Steamed Green Beans Fresh Cauliflower with Dip Chilled Applesauce Choice of Milk 5</p>	<p>27 Crispy Popcorn Chicken with Dinner Roll or Soft Beef Taco</p> <p>Featured Veggies: Mashed Potatoes w/ Gravy Fresh Romaine Salad Chilled Mixed Fruit Choice of Milk 6</p>	<p>28 Macaroni & Cheese w/ Whole Wheat Bread or Crispy Fish Sticks w/ Whole Wheat Bread</p> <p>Featured Veggies: Steamed Green Peas Fresh Celery & Carrots Red Delicious Apple Choice of Milk 1</p>

Your attention, Please!!!
Get your application today for free and reduced lunches!
Applications are available at your favorite school cafeteria or main office. Online applications can be found at www.compass.state.pa.us or the Juniata County School District website under Food Services

Back To
School!!