

# SEPTEMBER 2018



# JUNIATA COUNTY SCHOOL DISTRICT MONROE 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  
Unrustable PBJ & 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><b>3</b> <b>NO SCHOOL</b></p>	<p><b>4</b> Crispy Popcorn Chicken with Dinner Roll or Hot Ham &amp; Cheese on Roll</p> <p><b>Featured Veggies:</b> Steamed Green Beans Fresh Cucumber Slices Chilled Mixed Fruit Choice of Milk 1</p>	<p><b>5</b> Pepperoni Roll Rolled up Homemade Pizza Slice or Cheeseburger on Roll</p> <p><b>Featured Veggies:</b> Steamed Green Peas Fresh Baby Carrots Chilled Peaches Choice of Milk 2</p>	<p><b>6</b> Macaroni &amp; Cheese w/ Whole Wheat Bread or Mini Corn Dogs</p> <p><b>Featured Veggies:</b> Steamed Mixed Vegetables Fresh Romaine Salad Red Delicious Apple Choice of Milk 3</p>	<p><b>7</b> Walking Loco Taco with Dinner Roll or Crispy Fish Sticks with Dinner Roll</p> <p><b>Featured Veggies:</b> Steamed Corn Fresh Broccoli with Dip Chilled Pineapple Choice of Milk 4</p>
<p><b>10</b> Soft Pretzels with Cheese Sauce or Cheeseburger on Roll</p> <p><b>Featured Veggies:</b> Steamed Green Beans Fresh Baby Carrots Chilled Mixed Fruit Choice of Milk 5</p>	<p><b>11</b> French Toast Sticks w/ Oven Browned Sausage or Cheesesteak Sub</p> <p><b>Featured Veggies:</b> Mashed Potato Smiles Fresh Cucumber Slices Fresh Orange Wedges Choice of Milk 6</p>	<p><b>12</b> Chicken Noodle Bake with Dinner Roll or Cheeseburger on Roll</p> <p><b>Featured Veggies:</b> Steamed Mixed Vegetables Fresh Celery Sticks Red Delicious Apple Choice of Milk 1</p>	<p><b>13</b> Nachos Grande / Tortilla Chips &amp; Cheese Sauce or Hot Dog on Roll</p> <p><b>Featured Veggies:</b> Steamed Corn Fresh Celery Sticks Chilled Peaches Choice of Milk 2</p>	<p><b>14</b> Spaghetti &amp; Meatballs w/ Garlic Bread Slice or Crispy Chicken Patty on Roll</p> <p><b>Featured Veggies:</b> Steamed Green Beans Fresh Romaine Salad Chilled Applesauce Choice of Milk 3</p>
<p><b>17</b> Crispy Popcorn Chicken with Dinner Roll or Hot Ham &amp; Cheese on Roll</p> <p><b>Featured Veggies:</b> Steamed Green Peas Fresh Cucumber Slices Chilled Peaches Choice of Milk 4</p>	<p><b>18</b> Walking Loco Taco with Dinner Roll or Hot Dog on Roll</p> <p><b>Featured Veggies:</b> Steamed Corn Fresh Baby Carrots Chilled Applesauce Choice of Milk 5</p>	<p><b>19</b> Homemade Beef Lasagna w/ Italian Bread Slice or Crispy Chicken Patty on Roll</p> <p><b>Featured Veggies:</b> Steamed Mixed Vegetables Fresh Red Pepper Strips Fresh Orange Wedges Choice of Milk 6</p>	<p><b>20</b> French Toast Sticks w/ Oven Browned Sausage or Cheeseburger on Roll</p> <p><b>Featured Veggies:</b> Hash Brown Triangles Fresh Celery &amp; Carrots Chilled Mandarin Oranges Choice of Milk 1</p>	<p><b>21</b> Macaroni &amp; Cheese w/ Whole Wheat Bread or Crispy Fish Sticks w/ Whole Wheat Bread</p> <p><b>Featured Veggies:</b> Steamed Green Beans Fresh Cherry Tomatoes Chilled Mixed Fruit Choice of Milk 2</p>
<p><b>24</b> Crispy Popcorn Chicken with Dinner Roll or Hot Ham &amp; Cheese on Roll</p> <p><b>Featured Veggies:</b> Steamed Green Peas Fresh Cucumber Slices Chilled Peaches Choice of Milk 3</p>	<p><b>25</b> Pepperoni Roll Rolled up Homemade Pizza Slice or Cheeseburger on Roll</p> <p><b>Featured Veggies:</b> Steamed Green Beans Fresh Baby Carrots Mandarin Oranges Choice of Milk 4</p>	<p><b>26</b> Macaroni &amp; Cheese w/ Whole Wheat Bread or Mini Corn Dogs</p> <p><b>Featured Veggies:</b> Steamed Mixed Vegetables Fresh Romaine Salad Red Delicious Apple Choice of Milk 5</p>	<p><b>27</b> Meatball Sub with Mozzarella Cheese or Crispy Chicken Patty on Roll</p> <p><b>Featured Veggies:</b> Steamed Carrots Fresh Romaine Salad Chilled Mixed Fruit Choice of Milk 6</p>	<p><b>28</b> Soft Beef Taco or Crispy Fish Sticks w/ Whole Wheat Bread</p> <p><b>Featured Veggies:</b> Steamed Corn Fresh Broccoli with Dip Chilled Pineapple 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](http://www.compass.state.pa.us) or the Juniata County School District website under Food Services

