

SEPTEMBER



Metz
CULINARY MANAGEMENT

Juniata County School District Secondary Lunch Menu

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, vanilla 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 - potatoes, corn, peas & 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, 100% fruit juices and mandarin oranges

Leave Your Lunch at Home

Daily entrée options may include:
Cheese Burger on a Bun
Chicken Patty on a Bun
Chicken Nuggets with Pretzel Stick
Wide Variety of Homemade Pizza

UP FOR GRABS

Chicken Caesar Salad with Dinner Rolls
Strawberry Spinach Salad with Dinner Rolls
Chef Salad with Dinner Rolls
Crispy Chicken Salad with Dinner Rolls

Asian BBQ Chicken Wrap
Chicken Caesar Wrap
Club Sandwich Wrap

Turkey & Cheese Flat Bread
Buffalo Chicken Roll Up Wrap
Turkey & Spinach Roll Up Wrap



Lunch Prices
Student \$2.75
Reduced \$.40
Adult \$3.75

Chris Ammon- General Manager
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Kathv Gilson- Food Service Support
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USDA is an equal opportunity



Monday
3

Tuesday
4

Wednesday
5

Thursday
6

Friday
7

BUILD-YOUR-OWN BURGER BAR
CHOICE OF CHEESE AND ALL THE FIXIN'S! Served with CRISPY FRENCH FRIES

NO SCHOOL
Happy Labor Day!

Crispy Chicken Nuggets with Dinner Roll
or
Cheesesteak Sub
Featured Veggies:
Homemade Baked Beans
Steamed Carrots
Chilled Mixed Fruit / Milk
1

French Toast Sticks with Oven Browned Sausage
or
BBQ Chicken & Cheese Sub
Featured Veggies:
Hash Brown Potatoes
Fresh Broccoli with Dip
Chilled Mandarin Oranges / Milk
2

Hot Turkey Sandwich with Gravy
or
Hot Dog on Roll with Sauerkraut & Corn Chips
Featured Veggies:
Mashed Potatoes
Fresh Tomato Wedges
Red Delicious Apple / Milk
3

Walking Loco Taco with Dinner Roll
or
Crispy Fish Sticks with Whole Wheat Bread
Featured Veggies:
Steamed Corn
Fresh Celery Sticks
Chilled Applesauce / Milk
4

10

11

12

13

14

BRUNCH BAR
CHOICE OF FRENCH TOAST STICKS - PANCAKES-EGGS-SAUSAGE-BACON-HAM-HOMEFRIES-HASHBROWN

Meatball Sub with Mozzarella Cheese
or
Toasted Turkey & Bacon Sandwich
Featured Veggies:
Steamed Green Beans
Fresh Celery & Carrots
Chilled Pineapple / Milk
5

Buffalo Chicken Dip with Nachos
or
BBQ Pork Rib Pattv on Roll
Featured Veggies:
Homemade Baked Beans
Fresh Cucumber Slices
Fresh Orange Wedges / Milk
6

Homemade Chicken Noodle Soup with Soft Pretzel Rod
or
Hot Ham & Cheese on Pretzel Roll
Featured Veggies:
Broccoli with Cheese Sauce
Fresh Romaine Salad
Chilled Peaches / Milk
1

Mashed Potato Bowl with Dinner Roll
or
Sloppy Joe on Roll
Featured Veggies:
Mashed Potatoes with Gravy
Fresh Baby Carrots
Red Delicious Apple / Milk
2

Macaroni & Cheese with Whole Wheat Bread
or
Chicken Fajita Wrap
Featured Veggies:
Stewed Tomatoes
Fresh Broccoli with Dip
Chilled Mixed Fruit / Milk
3

17

18

19

20

21

PASTA BAR
CHOICE OF MEAT SAUCE - CHICKEN ALFREDO - MARINARA SAUCE-GARLIC BREAD STICK

Crispy Popcorn Chicken with Dinner Roll
or
Cheesesteak Sub
Featured Veggies:
Candied Sweet Potatoes
Broccoli with Cheese Sauce
Fresh Orange Wedges / Milk
4

Toasted Cheese Sandwich
or
Chili Dog on Roll with Corn Chips
Featured Veggies:
Creamy Tomato Soup
Fresh Cole Slaw
Chilled Pineapple / Milk
5

Chicken Alfredo Pasta with Garlic Breadstick
or
BBQ Pulled Pork on Roll
Featured Veggies:
Steamed Green Peas
Three Bean Salad
Red Delicious Apple / Milk
6

Nachos Grande with Tortilla Chips
or
Pepperoni Roll with Marinara Sauce
Featured Veggies:
Steamed Mixed Vegetables
Fresh Celery Sticks
Chilled Mixed Fruit / Milk
1

Buffalo Chicken & Cheese on Flatbread
or
Crispy Fish Sticks with Whole Wheat Bread
Featured Veggies:
Steamed Carrots
Fresh Broccoli with Dip
Chilled Pears / Milk
2

24

25

26

27

28

TACO BAR
CHOICE OF TACO MEAT, SEASONED CHICKEN, NACHOS, WRAPS, OR TACOS

Chicken Fajita Wrap
or
Hot Ham & Cheese on Pretzel Roll
Featured Veggies:
Crispy Potato Wedges
Homemade Baked Beans
Chilled Peaches / Milk
3

Chicken Parmesan with Pasta & Garlic Breadstick
or
Hot Dog on Roll with Sauerkraut & Corn Chips
Featured Veggies:
Steamed Green Beans
Fresh Carrots & Celery
Chilled Applesauce / Milk
4

French Toast Sticks with Oven Browned Sausage
or
Sloppy Joe on Roll
Featured Veggies:
Hash Brown Triangles
Fresh Red Pepper Strips
Chilled Mandarin Oranges / Milk
5

Mashed Potato Bowl with Dinner Roll
or
Mini Corn Dogs
Featured Veggies:
Mashed Potatoes with Gravy
Fresh Romaine Salad
Chilled Mixed Fruit / Milk
6

Macaroni & Cheese with Whole Wheat Bread
or
Meatball Sub with Mozzarella Cheese
Featured Veggies:
Steamed Mixed Vegetables
Fresh Baby Carrots
Chilled Pears / Milk
1

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 website under Food Services

