

# OCTOBER 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**  
 Meat 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 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 \$4.00  
 Adult \$3.75

Chris Ammon- General Manager  
 (717) 436-2111 ext. 5084  
[cammon@icsdk12.org](mailto: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>1</b> Crispy Popcorn Chicken with Dinner Roll or Cheesesteak Sub</p> <p><b>Featured Veggies:</b> Broccoli with Cheese Sauce Homemade Baked Beans Chilled Pineapple Choice of Milk</p> <p>2</p>	<p><b>2</b> Beef 'n Cheddar Fries w/ Pretzel Rod &amp; Roll or BBQ Chicken Sub</p> <p><b>Featured Veggies:</b> Steamed Corn Fresh Cherry Tomatoes Chilled Mixed Fruit Choice of Milk</p> <p>3</p>	<p><b>3</b> Toasted Cheese Sandwich or Hot Dog on Roll</p> <p><b>Featured Veggies:</b> Creamy Tomato Soup Fresh Celery &amp; Carrots Fresh Orange Wedges Choice of Milk</p> <p>4</p>	<p><b>4</b> Homemade Ham and Cheese Stromboli / Sauce or Crispy Chicken Patty on Roll</p> <p><b>Featured Veggies:</b> Steamed Mixed Vegetables Fresh Cucumber Slices Chilled Peaches Choice of Milk</p> <p>5</p>	<p><b>5</b> Walking Loco Taco with Dinner Roll or Mini Corn Dogs</p> <p><b>Featured Veggies:</b> Crispy Tater Tots Fresh Romaine Salad Chilled Peas Choice of Milk</p> <p>6</p>
<p><b>8</b> Meatball Sub with Mozzarella Cheese or Crispy Chicken Patty on Roll</p> <p><b>Featured Veggies:</b> Steamed Green Peas Fresh Celery &amp; Carrots Chilled Peas Choice of Milk</p> <p>1</p>	<p><b>9</b> Hot Turkey Sandwich with Gravy or Cheeseburger on Roll</p> <p><b>Featured Veggies:</b> Mashed Potatoes Homemade Baked Beans Chilled Mixed Fruit Choice of Milk</p> <p>2</p>	<p><b>10</b> Spaghetti &amp; Meat Sauce w/ Whole Wheat Bread or Hot Dog on Roll</p> <p><b>Featured Veggies:</b> Steamed Carrots Fresh Romaine Salad Chilled Applesauce Choice of Milk</p> <p>3</p>	<p><b>11</b> French Toast Sticks w/ Oven Browned Sausage or Cheesesteak Sub</p> <p><b>Featured Veggies:</b> Hash Brown Triangles Fresh Cherry Tomatoes Mandarin Oranges Choice of Milk</p> <p>4</p>	<p><b>12</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 Broccoli with Dip Red Delicious Apple Choice of Milk</p> <p>5</p>
<p><b>15</b> Crispy Popcorn Chicken with Dinner Roll or Hot Ham &amp; Cheese on Roll</p> <p><b>Featured Veggies:</b> Homemade Baked Beans Fresh Cucumber Slices Chilled Mixed Fruit Choice of Milk</p> <p>6</p>	<p><b>16</b> Homemade Beef Lasagna w/ Italian Bread Slice or Crispy Chicken Patty on Roll</p> <p><b>Featured Veggies:</b> Broccoli with Cheese Sauce Fresh Baby Carrots Chilled Peaches Choice of Milk</p> <p>1</p>	<p><b>17</b> Hot Turkey &amp; Gravy Over Noodles or Mini Corn Dogs</p> <p><b>Featured Veggies:</b> Mashed Potatoes Fresh Red Pepper Strips Red Delicious Apple Choice of Milk</p> <p>2</p>	<p><b>18</b> Soft Pretzels with Cheese Sauce or Cheeseburger on Roll</p> <p><b>Featured Veggies:</b> Steamed Carrots Fresh Romaine Salad Mandarin Oranges Choice of Milk</p> <p>3</p>	<p><b>19</b> NO SCHOOL</p> 
<p><b>22</b> Italian Dunkers with Pepperoni or Crispy Chicken Patty on Roll</p> <p><b>Featured Veggies:</b> Steamed Green Beans Fresh Celery &amp; Carrots Chilled Pineapple Choice of Milk</p> <p>4</p>	<p><b>23</b> French Toast Sticks w/ Oven Browned Sausage or Cheesesteak Sub</p> <p><b>Featured Veggies:</b> Hash Brown Triangles Fresh Cucumber Slices Fresh Orange Wedges Choice of Milk</p> <p>5</p>	<p><b>24</b> Chicken Noodle Soup w/ Soft Pretzel Rod or Cheeseburger on Roll</p> <p><b>Featured Veggies:</b> Broccoli with Cheese Sauce Fresh Baby Carrots Chilled Peaches Choice of Milk</p> <p>6</p>	<p><b>25</b> Hot Turkey Sandwich with Gravy or Hot Dog on Roll</p> <p><b>Featured Veggies:</b> Mashed Potatoes Fresh Romaine Salad Red Delicious Apple Choice of Milk</p> <p>1</p>	<p><b>26</b> Macaroni &amp; Cheese w/ Whole Wheat Bread or Meatball Sub with Mozzarella Cheese</p> <p><b>Featured Veggies:</b> Homemade Baked Beans Fresh Cherry Tomatoes Chilled Peaches Choice of Milk</p> <p>2</p>
<p><b>29</b> Crispy Popcorn Chicken with Dinner Roll or Cheeseburger on Roll</p> <p><b>Featured Veggies:</b> Candied Sweet Potatoes Broccoli with Cheese Sauce Fresh Orange Wedges Choice of Milk</p> <p>3</p>	<p><b>30</b> Toasted Cheese Sandwich or Chicken Fajita Wrap</p> <p><b>Featured Veggies:</b> Creamy Tomato Soup Fresh Cucumber Slices Chilled Pineapple Choice of Milk</p> <p>4</p>	<p><b>31</b> Spaghetti &amp; Meat Sauce w/ Whole Wheat Bread or Mini Corn Dogs</p> <p><b>Featured Veggies:</b> Steamed Green Peas Fresh Broccoli with Dip Chilled Peaches Choice of Milk</p> <p>5</p>		