

OCTOBER 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
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 \$4.40
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
1 Crispy Popcorn Chicken with Dinner Roll or Hot Ham & Cheese on Roll Featured Veggies: Steamed Green Peas Fresh Cucumber Slices Chilled Peaches Choice of Milk 2	2 Pepperoni Roll with Marinara Sauce or Cheeseburger on Roll Featured Veggies: Steamed Green Beans Fresh Baby Carrots Mandarin Oranges Choice of Milk 3	3 Macaroni & Cheese w/ Whole Wheat Bread or Mini Corn Dogs Featured Veggies: Steamed Mixed Vegetables Fresh Romaine Salad Red Delicious Apple Choice of Milk 4	4 Meatball Sub with Mozzarella Cheese or Crispy Chicken Patty on Roll Featured Veggies: Steamed Carrots Fresh Cauliflower with Dip Chilled Mixed Fruit Choice of Milk 5	5 Soft Beef Taco or Crispy Fish Sticks w/ Whole Wheat Bread Featured Veggies: Steamed Corn Fresh Broccoli with Dip Chilled Pineapple Choice of Milk 6
8 Soft Pretzels with Cheese Sauce or Cheeseburger on Roll Featured Veggies: Steamed Green Beans Fresh Baby Carrots Chilled Mixed Fruit Choice of Milk 1	9 Fresh Toast Sticks w/ Oven Brownded Sausage or Cheesesteak Sub Featured Veggies: Crispy Potato Wedges Fresh Cucumber Slices Fresh Orange Wedges Choice of Milk 2	10 Chicken Noodle Bake with Dinner Roll or Cheeseburger on Roll Featured Veggies: Steamed Mixed Vegetables Fresh Celery Sticks Red Delicious Apple Choice of Milk 3	11 Nachos Grande with Chips & Cheese Sauce or Hot Dog on Roll Featured Veggies: Steamed Corn Fresh Baby Carrots Chilled Peaches Choice of Milk 4	12 Spaghetti & Meatballs w/ Garlic Bread Slice or Crispy Chicken Patty on Roll Featured Veggies: Steamed Green Beans Fresh Romaine Salad Chilled Applesauce Choice of Milk 5
15 Crispy Popcorn Chicken with Dinner Roll or Hot Ham & Cheese on Roll Featured Veggies: Homemade Baked Beans Fresh Cucumber Slices Chilled Mixed Fruit Choice of Milk 6	16 Walking Loco Taco with Dinner Roll or Hot Dog on Roll Featured Veggies: Steamed Corn Fresh Baby Carrots Chilled Applesauce Choice of Milk 1	17 Homemade Beef Lasagna w/ Italian Bread Slice or Crispy Chicken Patty on Roll Featured Veggies: Steamed Mixed Vegetables Fresh Red Pepper Strips Fresh Orange Wedges Choice of Milk 2	18 French Toast Sticks w/ Oven Brownded Sausage or Cheeseburger on Roll Featured Veggies: Hash Brown Triangles Fresh Celery & Carrots Mandarin Oranges Choice of Milk 3	19 NO SCHOOL 
22 Crispy Popcorn Chicken with Dinner Roll or Hot Ham & Cheese on Roll Featured Veggies: Steamed Green Peas Fresh Cucumber Slices Chilled Peaches Choice of Milk 4	23 Pepperoni Roll with Marinara Sauce or Cheeseburger on Roll Featured Veggies: Steamed Green Beans Fresh Baby Carrots Mandarin Oranges Choice of Milk 5	24 Macaroni & Cheese w/ Whole Wheat Bread or Mini Corn Dogs Featured Veggies: Steamed Mixed Vegetables Fresh Romaine Salad Red Delicious Apple Choice of Milk 6	25 Meatball Sub with Mozzarella Cheese or Crispy Chicken Patty on Roll Featured Veggies: Steamed Carrots Fresh Romaine Salad Chilled Mixed Fruit Choice of Milk 1	26 Soft Beef Taco or Crispy Fish Sticks w/ Whole Wheat Bread Featured Veggies: Steamed Corn Fresh Broccoli with Dip Chilled Pineapple Choice of Milk 2
29 Soft Pretzels with Cheese Sauce or Cheeseburger on Roll Featured Veggies: Steamed Green Beans Fresh Baby Carrots Chilled Mixed Fruit Choice of Milk 3	30 French Toast Sticks w/ Oven Brownded Sausage or Cheesesteak Sub Featured Veggies: Crispy Potato Wedges Fresh Cucumber Slices Fresh Orange Wedges Choice of Milk 4	31 Chicken Noodle Bake with Dinner Roll or Cheeseburger on Roll Featured Veggies: Steamed Mixed Vegetables Fresh Celery Sticks Red Delicious Apple Choice of Milk 5		