

OCTOBER



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 \$4.00
Adult \$3.75

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USDA is an equal opportunity

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
JACKED UP FRIES SEASONED BEEF, CHICKEN, OR PORK WITH CHOICE OF TOPPINGS SMOTHERED OVER CRISPY FRENCH FRIES				
Crispy Chicken Nuggets with Dinner Roll or Cheesesteak Sub Featured Veggies: Homemade Baked Beans Steamed Carrots Chilled Mixed Fruit / Milk 2	Toasted Cheese Sandwich or BBQ Pork Rib Sandwich Featured Veggies: Creamy Tomato Soup Fresh Cucumber Slices Chilled Pears / Milk 3	Buffalo Chicken & Cheese on Flatbread or Hot Ham & Cheese on Pretzel Roll Featured Veggies: Steamed Carrots Fresh Cauliflower with Dip Fresh Orange Wedges / Milk 4	Hot Turkey Sandwich with Gravy or Hot Dog on Roll with Sauerkraut & Corn Chips Featured Veggies: Mashed Potatoes Fresh Broccoli with Dip Red Delicious Apple / Milk 5	Walking Loco Taco with Dinner Roll or Chicken Fajita Wrap Featured Veggies: Steamed Green Beans Fresh Romaine Salad Chilled Peaches / Milk 6
BALLPARK GRILL CHOICE OF HOT DOG, SAUSAGE, OR CHEESESTEAK SANDWICH LOADED WITH TOPPINGS				
Meatball Sub with Mozzarella Cheese or Spicy Chicken Patty on Roll Featured Veggies: Steamed Mixed Vegetables Crispy Tater Tots Chilled Pears / Milk 1	Chicken Alfredo Pasta w/ Garlic Breadstick or Chili Dog with Buttered Noodles Featured Veggies: Steamed Green Peas Fresh Romaine Salad Chilled Applesauce / Milk 2	Mashed Potato Bowl with Dinner Roll or BBQ Pulled Pork on Roll Featured Veggies: Mashed Potatoes with Gravy Fresh Red Pepper Strips Chilled Pineapple / Milk 3	Toasted Cheese Sandwich or Chicken Fajita Wrap Featured Veggies: Creamy Tomato Soup Fresh Cucumber Slices Chilled Mixed Fruit / Milk 4	Buffalo Chicken Dip with Nachos or Mexican Beef Burrito Featured Veggies: Steamed Green Beans Fresh Broccoli with Dip Red Delicious Apple / Milk 5
ASIAN BAR GENERAL TSO'S CHICKEN, ASIAN MEATBALLS, SWEET & SOUR CHICKEN ON A BED OF RICE OF YOUR CHOICE OR LO MEIN NOODLES				
Crispy Chicken Nuggets with Dinner Roll or Cheesesteak Sub Featured Veggies: Homemade Baked Beans Steamed Carrots Chilled Mixed Fruit / Milk 6	Homemade Beef Lasagna with Garlic Breadstick or Chicken Fajita Wrap Featured Veggies: Broccoli with Cheese Sauce Fresh Baby Carrots Chilled Peaches / Milk 1	French Toast Sticks w/ Oven Browned Sausage or BBQ Chicken & Cheese Sub Featured Veggies: Hash Brown Triangles Fresh Broccoli with Dip 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 Cred Delicious Apple / Milk 3	NO SCHOOL 
BUILD-A-BURGER BAR BAR A FRESH-MADE BURGER WITH YOUR CHOICE OF CHEESE, AN ARRAY OF TOPPINGS, AND CRISPY ONION RINGS				
Meatball Sub with Mozzarella Cheese or Toasted Turkey Bacon Sandwich Featured Veggies: Steamed Green Beans Fresh Celery & Carrots Chilled Pineapple / Milk 4	Buffalo Chicken Dip with Nachos or BBQ Pork Rib Patty on Roll Featured Veggies: Homemade Baked Beans Fresh Cucumber Slices Fresh Orange Wedges / Milk 5	Chicken Noodle Soup with Soft Pretzel Rods or Hot Ham & Cheese on Pretzel Roll Featured Veggies: Hash Brown Triangles Fresh Red Pepper Strips Chilled Mandarin Oranges / Milk 6	Mashed Potato Bowl with Dinner Roll or Sloppy Joe on Roll Featured Veggies: Mashed Potatoes with Gravy Fresh Baby Carrots Red Delicious Apple / Milk 1	Macaroni & Cheese with Whole Wheat Bread or Chicken Fajita Wrap Featured Veggies: Stewed Tomatoes Fresh Broccoli with Dip Chilled Mixed Fruit / Milk 2
TACO BAR SEASONED BEEF, CHICKEN, OR VEGETARIAN OPTION, A VARIETY OF TORTILLAS, AND TOPPINGS				
Crispy Popcorn Chicken with Dinner Roll or Cheesesteak Sub Featured Veggies: Candied Sweet Potatoes Broccoli with Cheese Sauce Fresh Orange Wedges / Milk 3	Toasted Cheese Sandwich or Chili Dog with Corn Chips Featured Veggies: Creamy Tomato Soup Fresh Creamy Cole Slaw Chilled Pineapple / Milk 4	Chicken Alfredo Pasta with Garlic Breadstick or BBQ Pulled Pork on Roll Featured Veggies: Steamed Green Peas Three Bean Salad Red Delicious Apple / Milk 5	