

# NOVEMBER 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  
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 \$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
 <b>1</b> Nachos Grande /Tortilla Chips & Cheese Sauce or Hot Dog on Roll <b>Featured Veggies:</b> Steamed Corn Fresh Celery Sticks Chilled Peaches Choice of Milk 6	 <b>2</b> Spaghetti & Meatballs w/ Garlic Bread Slice or Crispy Chicken Patty on Roll <b>Featured Veggies:</b> Steamed Green Beans Fresh Romaine Salad Chilled Applesauce Choice of Milk 1	 <b>3</b> Crispy Popcorn Chicken with Dinner Roll or Hot Ham & Cheese on Roll <b>Featured Veggies:</b> Homemade Baked Beans Fresh Cucumber Slices Chilled Mixed Fruit Choice of Milk 2	 <b>4</b> Homemade Beef Lasagna w/ Italian Bread Slice or Crispy Chicken Patty on Roll <b>Featured Veggies:</b> Steamed Mixed Vegetables Fresh Red Pepper Strips Fresh Orange Wedges Choice of Milk 4	 <b>5</b> French Toast Sticks w/ Oven Browned Sausage or Cheeseburger on Roll <b>Featured Veggies:</b> Seasoned Potato Wedges Fresh Celery & Carrots Mandarin Oranges Choice of Milk 5
 <b>6</b> Walking Loco Taco with Dinner Roll or Hot Dog on Roll <b>Featured Veggies:</b> Steamed Corn Fresh Baby Carrots Chilled Applesauce Choice of Milk 3	 <b>7</b> Homemade Beef Lasagna w/ Italian Bread Slice or Crispy Chicken Patty on Roll <b>Featured Veggies:</b> Steamed Mixed Vegetables Fresh Red Pepper Strips Fresh Orange Wedges Choice of Milk 4	 <b>8</b> French Toast Sticks w/ Oven Browned Sausage or Cheeseburger on Roll <b>Featured Veggies:</b> Seasoned Potato Wedges Fresh Celery & Carrots Mandarin Oranges Choice of Milk 5	 <b>9</b> Macaroni & Cheese w/ Whole Wheat Bread or Crispy Fish Sticks w/ Whole Wheat Bread <b>Featured Veggies:</b> Steamed Green Peas Fresh Celery & Carrots Red Delicious Apple Choice of Milk 6	 <b>10</b> NO SCHOOL
 <b>11</b> NO SCHOOL	 <b>12</b> NO SCHOOL	 <b>13</b> Pepperoni Roll Rolled up Homemade Pizza Slice or Cheeseburger on Roll <b>Featured Veggies:</b> Steamed Green Beans Fresh Baby Carrots Mandarin Oranges Choice of Milk 1	 <b>14</b> Macaroni & Cheese w/ Whole Wheat Bread or Mini Corn Dogs <b>Featured Veggies:</b> Steamed Mixed Vegetables Fresh Romaine Salad Red Delicious Apple Choice of Milk 2	 <b>15</b> Soft Beef Taco or Crispy Fish Sticks w/ Whole Wheat Bread <b>Featured Veggies:</b> Steamed Corn Fresh Broccoli with Dip Chilled Pineapple Choice of Milk 3
 <b>16</b> Soft Pretzels with Cheese Sauce or Cheeseburger on Roll <b>Featured Veggies:</b> Steamed Green Beans Fresh Baby Carrots Chilled Mixed Fruit Choice of Milk 4	 <b>17</b> Fresh Toast Sticks w/ Oven Browned Sausage or Cheesesteak Sub <b>Featured Veggies:</b> Seasoned Potato Wedges Fresh Cucumber Slices Fresh Oranges Wedges Choice of Milk 5	 <b>18</b> Chicken Noodle Bake with Dinner Roll or Cheeseburger on Roll <b>Featured Veggies:</b> Steamed Mixed Vegetables Fresh Celery Sticks Red Delicious Apple Choice of Milk 6	 <b>19</b> NO SCHOOL	 <b>20</b> NO SCHOOL
 <b>21</b> NO SCHOOL	 <b>22</b> NO SCHOOL	 <b>23</b> Homemade Beef Lasagna w/ Italian Bread Slice or Crispy Chicken Patty on Roll <b>Featured Veggies:</b> Steamed Mixed Vegetables Fresh Red Pepper Strips Fresh Orange Wedges Choice of Milk 1	 <b>24</b> French Toast Sticks w/ Oven Browned Sausage or Cheeseburger on Roll <b>Featured Veggies:</b> Seasoned Potato Wedges Fresh Celery & Carrots Mandarin Oranges Choice of Milk 2	 <b>25</b> Macaroni & Cheese w/ Whole Wheat Bread or Crispy Fish Sticks w/ Whole Wheat Bread <b>Featured Veggies:</b> Steamed Corn Fresh Broccoli with Dip Chilled Pineapple Choice of Milk 3
 <b>26</b> NO SCHOOL	 <b>27</b> NO SCHOOL	 <b>28</b> NO SCHOOL	 <b>29</b> NO SCHOOL	 <b>30</b> NO SCHOOL
 <b>31</b> NO SCHOOL	 <b>32</b> NO SCHOOL	 <b>33</b> NO SCHOOL	 <b>34</b> NO SCHOOL	 <b>35</b> NO SCHOOL