

NOVEMBER 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 \$.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 Walking Loco Taco with Dinner Roll or Crispy Chicken Patty on Roll Featured Veggies: Steamed Corn Homemade Baked Beans Chilled Applesauce Choice of Milk 6	 2 Homemade Ham and Cheese Stromboli / Sauce or Soft Beef Taco Featured Veggies: Steamed Mixed Vegetables Fresh Cherry Tomatoes Chilled Mixed Fruit Choice of Milk 1	 3 Nachos Grande w/ Tortilla Chips & Cheese or Hot Ham & Cheese on Roll Featured Veggies: Steamed Green Beans Fresh Cauliflower with Dip Chilled Applesauce Choice of Milk 4	 4 Roasted Turkey w/ Homemade Stuffing or Soft Beef Taco Featured Veggies: Mashed Potatoes / Gravy Fresh Romaine Salad Mandarin Oranges Choice of Milk 5	 5 Macaroni & Cheese w/ Whole Wheat Bread or Crispy Fish Sticks w/ Whole Wheat Bread Featured Veggies: Steamed Green Peas Fresh Celery & Carrots Red Delicious Apple Choice of Milk 6
5 Meatball Sub with Mozzarella Cheese or Hot Dog on Roll Featured Veggies: Steamed Carrots Homemade Baked Beans Chilled Pears Choice of Milk 2	6 French Toast Sticks w/ Oven Brownded Sausage or Cheeseburger on Roll Featured Veggies: Hash Brown Triangles Fresh Red Pepper Strips Mandarin Oranges Choice of Milk 3	7 Nachos Grande w/ Tortilla Chips & Cheese or Hot Ham & Cheese on Roll Featured Veggies: Steamed Green Beans Fresh Cauliflower with Dip Chilled Applesauce Choice of Milk 4	8 Roasted Turkey w/ Homemade Stuffing or Soft Beef Taco Featured Veggies: Mashed Potatoes / Gravy Fresh Romaine Salad Mandarin Oranges Choice of Milk 5	9 Macaroni & Cheese w/ Whole Wheat Bread or Crispy Fish Sticks w/ Whole Wheat Bread Featured Veggies: Steamed Green Peas Fresh Celery & Carrots Red Delicious Apple Choice of Milk 6
12 NO SCHOOL 	13 NO SCHOOL 	14 Walking Loco Taco with Dinner Roll or Mini Corn Dogs Featured Veggies: Crispy Tater Tots Fresh Romaine Salad Chilled Pears Choice of Milk 1	15 Homemade Ham & Cheese Stromboli w/ Sauce or Crispy Chicken Patty on Roll Featured Veggies: Steamed Mixed Vegetables Fresh Cucumber Slices Chilled Peaches Choice of Milk 2	16 Toasted Cheese Sandwich or Hot Dog on Roll Featured Veggies: Creamy Tomato Soup Fresh Celery & Carrots Fresh Orange Wedges Choice of Milk 3
19 Meatball Sub with Mozzarella Cheese or Crispy Chicken Patty on Roll Featured Veggies: Steamed Green Peas Homemade Baked Beans Chilled Pears Choice of Milk 4	20 Hot Turkey Sandwich with Gravy or Cheeseburger on Roll Featured Veggies: Mashed Potatoes Fresh Celery & Carrots Chilled Mixed Fruit Choice of Milk 5	21 Spaghetti & Meat Sauce w/ Whole Wheat Bread or Hot Dog on Roll Featured Veggies: Steamed Carrots Fresh Romaine Salad Chilled Applesauce Choice of Milk 6	22 NO SCHOOL 	23 NO SCHOOL
26 NO SCHOOL 	27 NO SCHOOL 	28 Crispy Popcorn Chicken with Dinner Roll or Chef's Choice (Menu to be announced) Featured Veggies: Homemade Baked Beans Fresh Cucumber Slices Chilled Mixed Fruit Choice of Milk 1	29 Soft Pretzels with Cheese Sauce or Chef's Choice (Menu to be announced) Featured Veggies: Steamed Carrots Fresh Romaine Salad Mandarin Oranges Choice of Milk 2	30 Walking Loco Taco with Dinner Roll or Chef's Choice (Menu to be announced) Featured Veggies: Steamed Corn Fresh Celery Sticks Chilled Applesauce Choice of Milk 3