

NOVEMBER



Metz
CULINARY MANAGEMENT

Juniata County School District Secondary Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

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 \$.40
Adult \$3.75

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Kath Gilson- Food Service Support
(717) 436-2111 ext. 5015
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USDA is an equal opportunity



5



6



7

TACO BAR
SEASONED BEEF, CHICKEN, OR PORK WITH CHOICE OF TOPPINGS SMOTHERED OVER CRISPY FRENCH FRIES

Nachos Grande with Tortilla Chips & Cheese Sauce
or
Pepperoni Roll with Marinara Sauce
Featured Veggies:
Steamed Mixed Vegetables
Fresh Baby Carrots
Red Delicious Apple / Milk
6

8

Buffalo Chicken & Cheese Flatbread
or
Crispy Fish Sticks with Whole Wheat Bread
Featured Veggies:
Steamed Carrots
Fresh Broccoli with Dip
Chilled Mixed Fruit / Milk
1

9

BUILD-A-BURGER BAR

A FRESH-MADE BURGER WITH YOUR CHOICE OF CHEESE, AN ARRAY OF TOPPINGS, AND CRISPY ONION RINGS

Chicken Fajita Wrap
or
Hot Ham & Cheese on Pretzel Roll
Featured Veggies:
Crispy Potato Wedges
Homemade Baked Beans
Chilled Peaches / Milk
2

12

Chicken Parmesan w/ Pasta and Garlic Breadstick
or
Hot Dog with Sauerkraut and Corn Chips
Featured Veggies:
Steamed Green Beans
Fresh Carrots & Celery
Chilled Applesauce / Milk
3

13

French Toast Sticks with Oven Browned Sausage
or
Sloppy Joe on Roll
Featured Veggies:
Hash Brown Triangles
Fresh Red Pepper Strips
Mandarin Oranges / Milk
4

14

Mashed Potato Bowl with Dinner Roll
or
Mini Corn Doas
Featured Veggies:
Mashed Potatoes w/ Gravy
Fresh Romaine Salad
Chilled Mixed Fruit / Milk
5

15

Macaroni & Cheese with Whole Wheat Bread
or
Meatball Sub with Mozzarella Cheese
Featured Veggies:
Steamed Mixed Vegetables
Fresh Baby Carrots
Chilled Pears / Milk
6

16

TATER TOT BAR

CRISPY TATER TOTS SERVED WITH SEASONED BEEF OR CHICKEN, CHOICE OF CHEESE AND LOTS OF TOPPINGS



19



20

Crispy Chicken Nuggets with Dinner Roll
or
Cheesesteak Sub
Featured Veggies:
Broccoli with Cheese Sauce
Homemade Baked Beans
Chilled Pineapple / Milk
1

21

Roasted Turkey with Gravy and Homemade Stuffing
or
BBQ Pulled Pork on Roll
Featured Veggies:
Mashed Potatoes
Candied Sweet Potatoes
Red Delicious Apple / Milk
2

22

Walking Loco Taco with Dinner Roll
or
Chicken Fajita Wrap
Featured Veggies:
Steamed Green Beans
Fresh Romaine Salad
Chilled Peaches / Milk
3

23

PASTA BAR

STEAMED PASTA TOPPED WITH CHOICE OF BEEF OR CHICKEN SMOTHERED IN YOUR CHOICE OF SAUCE SERVED WITH A GARLIC BREADSTICK

Meatball Sub with Mozzarella Cheese
or
Spicy Chicken Patty on Roll
Featured Veggies:
Steamed Mixed Vegetables
Crispy Tater Tots
Chilled Pears / Milk
4

26

Chicken Alfredo Pasta w/ Garlic Breadstick
or
Chili Dog with Corn Chips
Featured Veggies:
Steamed Green Peas
Fresh Romaine Salad
Fresh Orange Wedges / Milk
5

27

Toasted Cheese Sandwich
or
Chicken Fajita Wrap
Featured Veggies:
Creamy Tomato Soup
Fresh Cucumber Slices
Chilled Mixed Fruit / Milk
6

28



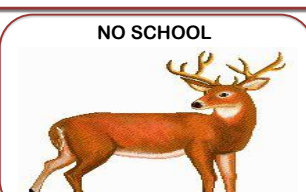
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30

BALLPARK GRILL

CHOICE OF HOT DOG, SAUSAGE, OR CHEESESTEAK SANDWICH LOADED WITH TOPPINGS SERVED WITH FRENCH FRIES



NO SCHOOL



NO SCHOOL

Crispy Chicken Nuggets with Dinner Roll
or
Cheesesteak Sub
Featured Veggies:
Homemade Baked Beans
Steamed Carrots
Chilled Mixed Fruit / Milk
1

28

Homemade Beef Lasagna with Garlic Breadstick
or
Chicken Fajita Wrap
Featured Veggies:
Broccoli with Cheese Sauce
Fresh Baby Carrots
Red Delicious Apple / Milk
2

29

French Toast Sticks with Oven Browned Sausage
or
BBQ Chicken & Cheese Sub
Featured Veggies:
Hash Brown Triangles
Fresh Broccoli with Dip
Mandarin Oranges / Milk
3

30