

DECEMBER 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
Meal 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
Tony'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
3 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	4 Macaroni & Cheese w/ Whole Wheat Bread or Mini Corn Dogs Featured Veggies: Steamed Mixed Vegetables Fresh Romaine Salad Red Delicious Apple Choice of Milk 5	5 Pepperoni Roll with Marinara Sauce or Cheeseburger on Roll Featured Veggies: Steamed Green Beans Fresh Baby Carrots Mandarin Oranges Choice of Milk 6	6 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	7 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
10 Soft Pretzels with Cheese Sauce or Cheeseburger on Roll Featured Veggies: Steamed Green Beans Fresh Baby Carrots Chilled Mixed Fruit Choice of Milk 3	11 French Toast Sticks w/ Oven Browned Sausage or Cheesesteak Sub Featured Veggies: Crispy Potato Wedges Fresh Cucumber Slices Fresh Oranges Wedges Choice of Milk 4	12 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	13 Nachos Grande with Chips & Cheese Sauce or Hot Dog on Roll Featured Veggies: Steamed Corn Fresh Baby Carrots Chilled Peaches Choice of Milk 6	14 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 1
17 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 2	18 Walking Loco Taco with Dinner Roll or Hot Dog on Roll Featured Veggies: Steamed Corn Fresh Baby Carrots Chilled Applesauce Choice of Milk 3	19 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 4	20 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 5	21 French Toast Sticks w/ Oven Browned Sausage or Cheeseburger on Roll Featured Veggies: Hash Brown Triangles Fresh Assorted Veggies Assorted Fruits Choice of Milk 6
24 NO SCHOOL 	25 NO SCHOOL 	26 NO SCHOOL 	27 NO SCHOOL 	28 NO SCHOOL 
31 NO SCHOOL 				