

DECEMBER 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
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.ora

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
<p>3 Meatball Sub with Mozzarella Cheese or Chef's Choice (Menu to be announced)</p> <p>Featured Veggies: Steamed Carrots Homemade Baked Beans Chilled Pears Choice of Milk 4</p>	<p>4 French Toast Sticks w/ Oven Browned Sausage or Chef's Choice (Menu to be announced)</p> <p>Featured Veggies: Hash Brown Triangles Fresh Red Pepper Strips Mandarin Oranges Choice of Milk 5</p>	<p>5 Nachos Grande with Tortilla Chips & Cheese or Chef's Choice (Menu to be announced)</p> <p>Featured Veggies: Steamed Green Beans Fresh Cauliflower w/ Dip Chilled Applesauce Choice of Milk 6</p>	<p>6 Crispy Popcorn Chicken with Dinner Roll or Chef's Choice (Menu to be announced)</p> <p>Featured Veggies: Mashed Potatoes w/ Gravy Fresh Romaine Salad Chilled Mixed Fruit Choice of Milk 1</p>	<p>7 Macaroni & Cheese w/ Whole Wheat Bread or Chef's Choice (Menu to be announced)</p> <p>Featured Veggies: Steamed Green Peas Fresh Celery & Carrots Red Delicious Apple Choice of Milk 2</p>
<p>10 Crispy Popcorn Chicken with Dinner Roll or Chef's Choice (Menu to be announced)</p> <p>Featured Veggies: Broccoli with Cheese Sauce Homemade Baked Beans Chilled Pineapple Choice of Milk 3</p>	<p>11 Beef 'n Cheddar Fries w/ Soft Pretzel Rod & Roll or Chef's Choice (Menu to be announced)</p> <p>Featured Veggies: Steamed Green Peas Fresh Cherry Tomatoes Chilled Mixed Fruit Choice of Milk 4</p>	<p>12 Toasted Cheese Sandwich or Chef's Choice (Menu to be announced)</p> <p>Featured Veggies: Creamy Tomato Soup Fresh Celery & Carrots Fresh Orange Wedges Choice of Milk 5</p>	<p>13 Homemade Ham & Cheese Stromboli w/ Sauce or Chef's Choice (Menu to be announced)</p> <p>Featured Veggies: Steamed Mixed Vegetables Fresh Cucumber Slices Chilled Peaches Choice of Milk 6</p>	<p>14 Walking Loco Taco with Dinner Roll or Chef's Choice (Menu to be announced)</p> <p>Featured Veggies: Steamed Corn Fresh Romaine Salad Chilled Pears Choice of Milk 1</p>
<p>17 Meatball Sub with Mozzarella Cheese or Chef's Choice (Menu to be announced)</p> <p>Featured Veggies: Steamed Green Peas Fresh Celery & Carrots Chilled Pears Choice of Milk 2</p>	<p>18 Roast Turkey with Homemade Stuffing or Chef's Choice (Menu to be announced)</p> <p>Featured Veggies: Mashed Potatoes w/ Gravy Candied Sweet Potatoes Chilled Mixed Fruit Choice of Milk 3</p>	<p>19 Spaghetti & Meat Sauce w/ Whole Wheat Bread or Chef's Choice (Menu to be announced)</p> <p>Featured Veggies: Steamed Carrots Fresh Romaine Salad Chilled Applesauce Choice of Milk 4</p>	<p>20 French Toast Sticks w/ Oven Browned Sausage or Chef's Choice (Menu to be announced)</p> <p>Featured Veggies: Hash Brown Triangles Fresh Cherry Tomatoes Mandarin Oranges Choice of Milk 5</p>	<p>21 Macaroni & Cheese w/ Whole Wheat Bread or Chef's Choice (Menu to be announced)</p> <p>Featured Veggies: Steamed Green Beans Fresh Broccoli with Dip Red Delicious Apple Choice of Milk 6</p>
<p>24 NO SCHOOL</p> 	<p>25 NO SCHOOL</p> 	<p>26 NO SCHOOL</p> 	<p>27 NO SCHOOL</p> 	<p>28 NO SCHOOL</p> 
<p>31 NO SCHOOL</p> 				