

# DECEMBER



**Metz**  
CULINARY MANAGEMENT

# Juniata County School District Secondary Lunch Menu

**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 \$4.40  
Adult \$3.75

Chris Ammon- General Manager  
(717) 436-2111 ext. 5084  
cammon@icsdk12.org

Kath Gilson- Food Service Support  
(717) 436-2111 ext. 5015  
kailson@icsdk12.org

USDA is an equal opportunity

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
<b>TACO BAR</b> SEASONED BEEF, CHICKEN, OR PORK WITH CHOICE OF TOPPINGS SMOTHERED OVER CRISPY FRENCH FRIES				
Meatball Sub with Mozzarella Cheese or Toasted Turkey & Bacon Sandwich Featured Veggies: Steamed Green Beans Fresh Celery & Carrots Chilled Pineapple / Milk 4	Buffalo Chicken Dip with Nachos or BBQ Pork Rib Pattv on Roll Featured Veggies: Homemade Baked Beans Fresh Cucumber Slices Fresh Orange Wedges / Milk 5	Homemade Chicken Noodle Soup w/ Soft Pretzel Rod or Hot Ham & Cheese on Pretzel Roll Featured Veggies: Broccoli with Cheese Sauce Fresh Romaine Salad Chilled Peaches / Milk 6	Mashed Potato Bowl with Dinner Roll or Sloppy Joe on Roll Featured Veggies: Mashed Potatoes with Gravy Fresh Baby Carrots Red Delicious Apple / Milk 1	Macaroni & Cheese w/ Whole Wheat Bread or Chicken Fajita Wrap Featured Veggies: Stewed Tomatoes Fresh Broccoli with Dip Chilled Mixed Fruit / Milk 2
10	11	12	13	14
<b>BUILD-A-BURGER BAR</b> A FRESH-MADE BURGER WITH YOUR CHOICE OF CHEESE, AN ARRAY OF TOPPINGS, AND CRISPY ONION RINGS				
Crispy Popcorn Chicken with Dinner Roll or Cheesesteak Sub Featured Veggies: Candied Sweet Potatoes Broccoli with Cheese Sauce Fresh Orange Wedges / Milk 3	Toasted Cheese Sandwich or Chili Doq and Corn Chips Featured Veggies: Creamy Tomato Soup Fresh Creamy Cole Slaw Chilled Pineapple / Milk 4	Chicken Alfredo Pasta with Garlic Breadstick or BBQ Pulled Pork on Roll Featured Veggies: Steamed Green Peas Three Bean Salad Red Delicious Apple / Milk 5	Nachos Grande with Tortilla Chips & Cheese Sauce or Pepperoni Roll with Marinara Sauce Featured Veggies: Steamed Mixed Vegetables Fresh Baby Carrots Chilled Mixed Fruit / Milk 6	Buffalo Chicken & Cheese on Flatbread or Crispy Fish Sticks with Whole Wheat Bread Featured Veggies: Stewed Carrots Fresh Broccoli with Dip Chilled Pears / Milk 1
17	18	19	20	21
<b>TATER TOT BAR</b> CRISPY TATER TOTS SERVED WITH SEASONED BEEF OR CHICKEN, CHOICE OF CHEESE AND LOTS OF TOPPINGS				
Chicken Fajita Wrap or Hot Ham & Cheese on Pretzel Roll Featured Veggies: Crispy Potato Wedges Homemade Baked Beans Chilled Peaches / Milk 2	Chicken Parmesan with Pasta & Garlic Breadstick or Hot Doq with Sauerkraut and Corn Chips Featured Veggies: Steamed Green Beans Homemade Baked Beans Chilled Applesauce / Milk 3	French Toast Sticks w/ Oven Browned Sausage or Sloppy Joe on Roll Featured Veggies: Hash Brown Triangles Fresh Red Pepper Strips Mandarin Oranges / Milk 4	Roasted Turkey with Gravy and Homemade Stuffing or Mini Corn Doqs Featured Veggies: Mashed Potatoes Candied Sweet Potatoes Red Delicious Apple / Milk 5	Macaroni & Cheese w/ Whole Wheat Bread or Meatball Sub with Mozzarella Cheese Featured Veggies: Steamed Mixed Vegetables Fresh Baby Carrots Chilled Pears / Milk 6
24	25	26	27	28
<b>HAVE A VERY MERRY CHRISTMAS</b>				
NO SCHOOL 	NO SCHOOL 	NO SCHOOL 	NO SCHOOL 	NO SCHOOL 
31				
NO SCHOOL 				