

# JANUARY 2019



# 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.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
<p><b>7</b> Meatball Sub with Mozzarella Cheese or Crispy Chicken Patty on Roll <b>Featured Veggies:</b> Steamed Green Peas Fresh Celery &amp; Carrots Chilled Peaches Choice of Milk 1</p>	<p><b>1</b> <b>8</b> Hot Turkey Sandwich with Gravy or Cheeseburger on Roll <b>Featured Veggies:</b> Mashed Potatoes Homemade Baked Beans Chilled Mixed Fruit Choice of Milk 2</p>	<p><b>2</b> NO SCHOOL </p>	<p><b>3</b> Crispy Popcorn Chicken with Dinner Roll or Hot Dog on Roll <b>Featured Veggies:</b> Steamed Green Peas Fresh Celery &amp; Carrots Fresh Orange Wedges Choice of Milk 5</p>	<p><b>4</b> Walking Loco Taco with Dinner Roll or BBQ Chicken Sub <b>Featured Veggies:</b> Steamed Corn Fresh Romaine Salad Chilled Peas Choice of Milk 6</p>
<p><b>14</b> Crispy Popcorn Chicken with Dinner Roll or Hot Ham &amp; Cheese on Roll <b>Featured Veggies:</b> Homemade Baked Beans Fresh Cucumber Slices Chilled Mixed Fruit Choice of Milk 6</p>	<p><b>15</b> Homemade Beef Lasagna w/ Italian Bread Slice or Crispy Chicken Patty on Roll <b>Featured Veggies:</b> Broccoli with Cheese Sauce Fresh Baby Carrots Chilled Peaches Choice of Milk 1</p>	<p><b>9</b> Spaghetti &amp; Meat Sauce with Whole Wheat Bread or Hot Dog on Roll <b>Featured Veggies:</b> Steamed Carrots Fresh Romaine Salad Chilled Applesauce Choice of Milk 3</p>	<p><b>10</b> French Toast Sticks with Oven Brownd Sausage or Cheesesteak Sub <b>Featured Veggies:</b> Hash Brown Triangles Fresh Cherry Tomatoes Mandarin Oranges Choice of Milk 4</p>	<p><b>11</b> Macaroni &amp; Cheese w/ Whole Wheat Bread or Crispy Fish Sticks w/ Whole Wheat Bread <b>Featured Veggies:</b> Steamed Green Beans Broccoli with Dip Red Delicious Apple Choice of Milk 5</p>
<p><b>21</b> Italian Dunkers with Pepperoni or Crispy Chicken Patty on Roll <b>Featured Veggies:</b> Steamed Green Beans Fresh Celery &amp; Carrots Chilled Pineapple Choice of Milk 5</p>	<p><b>16</b> Hot Turkey &amp; Gravy over Noodles or Mini Corn Dogs <b>Featured Veggies:</b> Mashed Potatoes Fresh Red Pepper Strips Red Delicious Apple Choice of Milk 2</p>	<p><b>23</b> Chicken Noodle Soup w/ Soft Pretzel Rod or Cheeseburger on Roll <b>Featured Veggies:</b> Broccoli with Cheese Sauce Fresh Baby Carrots Chilled Peaches Choice of Milk 1</p>	<p><b>17</b> Soft Pretzels with Cheese Sauce or Cheeseburger on Roll <b>Featured Veggies:</b> Steamed Carrots Fresh Romaine Salad Mandarin Oranges Choice of Milk 3</p>	<p><b>18</b> Walking Loco Taco with Dinner Roll or Crispy Fish Sticks with Dinner Roll <b>Featured Veggies:</b> Steamed Corn Fresh Celery Sticks Chilled Applesauce Choice of Milk 4</p>
<p><b>28</b> Crispy Popcorn Chicken with Dinner Roll or Cheeseburger on Roll <b>Featured Veggies:</b> Candied Sweet Potatoes Broccoli with Cheese Sauce Fresh Orange Wedges Choice of Milk 4</p>	<p><b>22</b> French Toast Sticks with Oven Brownd Sausage or Cheesesteak Sub <b>Featured Veggies:</b> Hash Brown Triangles Fresh Cucumber Slices Fresh Orange Wedges Choice of Milk 6</p>	<p><b>30</b> Spaghetti &amp; Meat Sauce w/ Whole Wheat Bread or Mini Corn Dog <b>Featured Veggies:</b> Steamed Green Peas Fresh Broccoli with Dip Chilled Peaches Choice of Milk 6</p>	<p><b>24</b> Hot Turkey Sandwich with Gravy or Hot Dog on Roll <b>Featured Veggies:</b> Mashed Potatoes Fresh Romaine Salad Red Delicious Apple Choice of Milk 2</p>	<p><b>25</b> Macaroni &amp; Cheese w/ Whole Wheat Bread or Meatball Sub with Mozzarella Cheese <b>Featured Veggies:</b> Homemade Baked Beans Fresh Cherry Tomatoes Chilled Peaches Choice of Milk 3</p>
<p><b>31</b> Walking Loco Taco with Dinner Roll or Crispy Chicken Patty on Roll <b>Featured Veggies:</b> Steamed Corn Homemade Baked Beans Chilled Applesauce Choice of Milk 1</p>	<p><b>29</b> Toasted Cheese Sandwich or Chicken Fajita Wrap <b>Featured Veggies:</b> Creamy Tomato Soup Fresh Broccoli with Dip Chilled Pineapple Choice of Milk 5</p>	<p><b>31</b> </p>		