

# FEBRUARY 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 \$4.00  
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



**4**  
Meatball Sub with  
Mozzarella Cheese  
or  
Hot Dog  
on Roll

**Featured Veggies:**  
Steamed Carrots  
Homemade Baked Beans  
Chilled Pears  
Choice of Milk

2

## Tuesday



**5**  
French Toast Sticks w/  
Oven Browned Sausage  
or  
Cheeseburger  
on Roll

**Featured Veggies:**  
Hash Brown Triangles  
Fresh Red Pepper Strips  
Mandarin Oranges  
Choice of Milk

3

## Wednesday

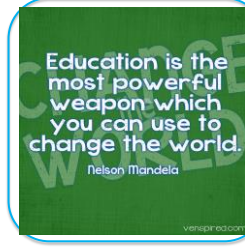


**6**  
Nachos Grande w/Tortilla  
Chips & Cheese Sauce  
or  
Hot Ham & Cheese  
on Roll

**Featured Veggies:**  
Steamed Green Beans  
Fresh Cauliflower with Dip  
Chilled Applesauce  
Choice of Milk

4

## Thursday



**7**  
Crispy Popcorn Chicken  
with Dinner Roll  
or  
Soft Beef  
Taco

**Featured Veggies:**  
Mashed Potatoes w/ Gravy  
Fresh Romaine Salad  
Chilled Mixed Fruit  
Choice of Milk

5

## Friday

**1**  
Homemade Ham & Cheese  
Stromboli with Sauce

Soft Beef  
Taco

**Featured Veggies:**  
Steamed Mixed Vegetables  
Fresh Cherry Tomatoes  
Chilled Mixed Fruit  
Choice of Milk

1

**8**  
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

6

**11**  
Crispy Popcorn Chicken  
with Dinner Roll  
or  
Cheesesteak  
Sub

**Featured Veggies:**  
Broccoli with Cheese Sauce  
Homemade Baked Beans  
Chilled Pineapple  
Choice of Milk

1

**12**  
Beef 'n Cheddar Fries  
w/ Pretzel Rod & Roll  
or  
BBQ Chicken  
Sub

**Featured Veggies:**  
Steamed Corn  
Fresh Cherry Tomatoes  
Chilled Mixed Fruit  
Choice of Milk

2

**13**  
Toasted Cheese  
Sandwich  
or  
Hot Dog  
on Roll

**Featured Veggies:**  
Creamy Tomato Soup  
Fresh Celery & Carrots  
Fresh Orange Wedges  
Choice of Milk

3

**14**  
Homemade Ham & Cheese  
Stromboli w/ Sauce  
or  
Crispy Chicken Patty  
on Roll

**Featured Veggies:**  
Steamed Mixed Vegetables  
Fresh Cucumber Slices  
Chilled Peaches  
Choice of Milk

4



**18**  
Meatball Sub with  
Mozzarella Cheese  
or  
Crispy Chicken Patty  
on Roll

**Featured Veggies:**  
Steamed Green Peas  
Fresh Celery & Carrots  
Chilled Pears  
Choice of Milk

5

**19**  
Hot Turkey Sandwich  
with Gravy  
or  
Cheeseburger  
on Roll

**Featured Veggies:**  
Mashed Potatoes  
Homemade Baked Beans  
Chilled Mixed Fruit  
Choice of Milk

6

**20**  
Spaghetti & Meat Sauce  
w/ Whole Wheat Bread  
or  
Hot Dog  
on Roll

**Featured Veggies:**  
Steamed Carrots  
Fresh Romaine Salad  
Chilled Applesauce  
Choice of Milk

1

**21**  
French Toast Sticks w/  
Oven Browned Sausage  
or  
Cheesesteak  
Sub

**Featured Veggies:**  
Hash Brown Triangles  
Fresh Cherry Tomatoes  
Mandarin Oranges  
Choice of Milk

2

**22**  
Walking Loco Taco  
with Dinner Roll  
or  
Crispy Fish Sticks  
w/ Whole Wheat Bread

**Featured Veggies:**  
Steamed Green Beans  
Fresh Broccoli with Dip  
Red Delicious Apple  
Choice of Milk

3

**25**  
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

4

**26**  
Homemade Beef Lasagna  
w/ Italian Bread Slice  
or  
Crispy Chicken Patty  
on Roll

**Featured Veggies:**  
Broccoli with Cheese Sauce  
Fresh Baby Carrots  
Chilled Peaches  
Choice of Milk

5

**27**  
Hot Turkey & Gravy  
over Noodles  
or  
Mini Corn Dogs

**Featured Veggies:**  
Mashed Potatoes  
Fresh Red Pepper Strips  
Red Delicious Apple  
Choice of Milk

6

**28**  
Soft Pretzels with  
Cheese Sauce  
or  
Cheeseburger  
on Roll

**Featured Veggies:**  
Steamed Carrots  
Fresh Romaine Salad  
Mandarin Oranges  
Choice of Milk

1

