

# MARCH 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

Italian Dunkers with Pepperoni  
or  
Crispy Chicken Patty on Roll

### Featured Veggies:

Steamed Green Beans  
Fresh Celery & Carrots  
Chilled Pineapple  
Choice of Milk

3

## Tuesday



5

French Toast Sticks w/  
Oven Brownd Sausage  
or  
Cheesesteak Sub

### Featured Veggies:

Hash Brown Triangles  
Fresh Cucumber Slices  
Fresh Orange Wedges  
Choice of Milk

4

## Wednesday



6

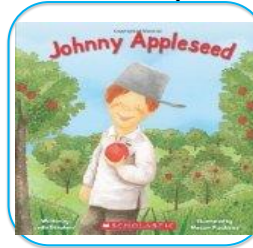
Chicken Noodle Soup w/  
Soft Pretzel Rod  
or  
Cheeseburger on Roll

### Featured Veggies:

Broccoli with Cheese Sauce  
Fresh Baby Carrots  
Chilled Peaches  
Choice of Milk

5

## Thursday



7

Hot Turkey Sandwich with Gravy  
or  
Hot Dog on Roll

### Featured Veggies:

Mashed Potatoes w/ Gravy  
Fresh Romaine Salad  
Red Delicious Apple  
Choice of Milk

6

## Friday

1  
Walking Loco Taco with Dinner Roll  
Crispy Fish Sticks w/  
Whole Wheat Bread

### Featured Veggies:

Steamed Corn  
Fresh Celery Sticks  
Chilled Applesauce  
Choice of Milk

2

8  
Macaroni & Cheese w/  
Whole Wheat Bread  
or  
Meatball Sub w/  
Mozzarella Cheese

### Featured Veggies:

Homemade Baked Beans  
Fresh Cherry Tomatoes  
Chilled Peaches  
Choice of Milk

1

11  
Crispy Popcorn Chicken with Dinner Roll  
or  
Cheeseburger on Roll

### Featured Veggies:

Candied Sweet Potatoes  
Broccoli with Cheese Sauce  
Fresh Orange Wedges  
Choice of Milk

2

12  
Toasted Cheese Sandwich  
or  
Chicken Fajita Wrap

### Featured Veggies:

Creamy Tomato Soup  
Fresh Cucumber Slices  
Chilled Pineapple  
Choice of Milk

3

13  
Spaghetti & Meat Sauce w/  
Whole Wheat Bread  
or  
Mini Corn Dog

### Featured Veggies:

Steamed Green Peas  
Fresh Broccoli with Dip  
Chilled Peaches  
Choice of Milk

4

14  
Homemade Ham & Cheese Stromboli w/ Sauce  
or  
Soft Beef Taco

### Featured Veggies:

Steamed Mixed Vegetables  
Fresh Cherry Tomatoes  
Chilled Mixed Fruit  
Choice of Milk

5



15  
NO SCHOOL

18  
Meatball Sub with Mozzarella Cheese  
or  
Hot Dog on Roll

### Featured Veggies:

Steamed Carrots  
Homemade Baked Beans  
Chilled Pears  
Choice of Milk

6

19  
French Toast Sticks w/  
Oven Brownd Sausage  
or  
Cheeseburger on Roll

### Featured Veggies:

Hash Brown Triangles  
Fresh Red Pepper Strips  
Mandarin Oranges  
Choice of Milk

1

20  
Nachos Grande / Tortilla Chips & Cheese Sauce  
or  
Hot Ham & Cheese on Roll

### Featured Veggies:

Steamed Green Beans  
Fresh Cauliflower w/ Dip  
Chilled Applesauce  
Choice of Milk

2

21  
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

3

22  
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

4

25  
Crispy Popcorn Chicken with Dinner Roll  
or  
Cheesesteak Sub

### Featured Veggies:

Broccoli w/ Cheese Sauce  
Homemade Baked Beans  
Chilled Pineapple  
Choice of Milk

5

26  
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

6

27  
Toasted Cheese Sandwich  
or  
Hot Dog on Roll

### Featured Veggies:

Creamy Tomato Soup  
Fresh Celery & Carrots  
Fresh Orange Wedges  
Choice of Milk

1

28  
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

2

29  
Walking Loco Taco with Dinner Roll  
or  
Mini Corn Dogs

### Featured Veggies:

Crispy Tater Tots  
Fresh Romaine Salad  
Chilled Pears  
Choice of Milk

3