

MARCH



Metz
CULINARY MANAGEMENT

Juniata County School District Secondary Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

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 \$.40
Adult \$3.75

Chris Ammon - General Manager
(717) 436-2111 ext. 5084
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Kathy Gilson - Food Service Support
(717) 436-2111 ext. 5015
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USDA is an equal opportunity

PASTA BAR
STEAMED PASTA TOPPED WITH CHOICE OF BEEF OR CHICKEN SMOTHERED IN YOUR CHOICE OF SAUCE SERVED WITH A GARLIC BREADSTICK

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| 4 | 5 | 6 | Lent Begins Ash Wednesday 7 | Walking Loco Taco with Dinner Roll or Crispy Fish Sticks w/ Whole Wheat Bread Featured Veggies: Steamed Corn Fresh Celery Sticks Chilled Applesauce / Milk 2 8 |
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JACKED UP FRY BAR
SEASONED BEEF, CHICKEN, OR PORK WITH CHOICE OF TOPPING SMOTHERED OVER CRISPY FRENCH FRIES

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| Meatball Sub with Mozzarella Cheese or Toasted Turkey & Bacon Sandwich Featured Veggies: Steamed Green Beans Fresh Celery & Carrots Chilled Pineapple / Milk 3 11 | Buffalo Chicken Dip with Nachos or BBQ Pork Rib Patty on Roll Featured Veggies: Homemade Baked Beans Fresh Cucumber Slices Fresh Orange Wedges / Milk 4 12 | Toasted Cheese Sandwich or Crispy Fish Sandwich Featured Veggies: Creamy Tomato Soup Fresh Romaine Salad Chilled Peaches / Milk 5 13 | Mashed Potato Bowl with Dinner Roll or Sloppy Joe on Roll Featured Veggies: Mashed Potatoes Fresh Baby Carrots Red Delicious Apple / Milk 6 14 | Macaroni & Cheese w/ Whole Wheat Bread or Chicken Fajita Wrap Featured Veggies: Stewed Tomatoes Fresh Broccoli with Dip Chilled Mixed Fruit / Milk 1 15 |
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ASIAN BAR
GENERAL TSO'S CHICKEN, ASIAN MEATBALLS, SWEET & SOUR CHICKEN ON A BED OF RICE OF YOUR CHOICE OR LO MEIN NOODLES

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| Crispy Popcorn Chicken with Dinner Roll or Cheesesteak Sub Featured Veggies: Candied Sweet Potatoes Broccoli with Cheese Sauce Fresh Orange Wedges / Milk 2 18 | Toasted Cheese Sandwich or Chili Dog with Corn Chips Featured Veggies: Creamy Tomato Soup Fresh Cole Slaw Chilled Pineapple / Milk 3 19 | Chicken Alfredo Pasta with Garlic Breadstick or BBQ Pulled Pork on Roll Featured Veggies: Steamed Green Peas Three Bean Salad Red Delicious Apple / Milk 4 20 | Nachos Grande with Tortilla Chips or Pepperoni Roll with Marinara Sauce Featured Veggies: Steamed Mixed Vegetables Fresh Baby Carrots Chilled Mixed Fruit / Milk 5 21 | NO SCHOOL 22 |
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TACO BAR
SEASONED BEEF, CHICKEN, OR VEGETARIAN OPTION, A VARIETY OF TORTILLAS, AND TOPPING

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| Chicken Fajita Wrap or Hot Ham & Cheese on Pretzel Roll Featured Veggies: Crispy Potato Wedges Homemade Baked Beans Chilled Peaches / Milk 6 25 | Chicken Parmesan w/ Pasta & Garlic Breadstick or Hot Dog with Sauerkraut & Corn Chip Featured Veggies: Steamed Green Beans Fresh Carrots & Celery Chilled Applesauce / Milk 1 26 | French Toast Sticks with Oven Brown Sausage or Sloppy Joe on Roll Featured Veggies: Hash Brown Triangles Fresh Red Pepper Strips Mandarin Oranges / Milk 2 27 | Mashed Potato Bowl with Dinner Roll or Mini Corn Dogs Featured Veggies: Mashed Potatoes Fresh Romaine Salad Chilled Mixed Fruit / Milk 3 28 | Macaroni & Cheese w/ Whole Wheat Bread or Popcorn Chicken with Dinner Roll Featured Veggies: Steamed Mixed Vegetables Fresh Baby Carrots Chilled Pears / Milk 4 29 |
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BRUNCH BAR
CHOICE OF MEAT AND EGGS TOPPED WITH SAUTEED PEPPERS, ONIONS, CHEDDAR CHEESE, AND CRISPY TATER TOTS. HOT CINNAMON APPLES TAKES IT TO THE NEXT LEVEL

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| Crispy Chicken Nuggets with Dinner Roll or Cheesesteak Sub Featured Veggies: Broccoli with Cheese Sauce Homemade Baked Beans Chilled Pineapple / Milk 5 | Toasted Cheese Sandwich or BBQ Pork Rib Sandwich Featured Veggies: Creamy Tomato Soup Fresh Cucumber Slices Chilled Pears / Milk 6 | Buffalo Chicken & Cheese on Flatbread or Hot Ham & Cheese on Pretzel Roll Featured Veggies: Steamed Carrots Fresh Cauliflower with Dip Fresh Orange Wedges / Milk 1 | Hot Turkey Sandwich with Gravy or Hot Dog on Roll with Sauerkraut & Corn Chips Featured Veggies: Mashed Potatoes Fresh Tomato Wedges Red Delicious Apple / Milk 2 | Walking Loco Taco with Dinner Roll or Chicken Fajita Wrap Featured Veggies: Steamed Green Beans Fresh Romaine Salad Chilled Peaches / Milk 3 |
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