

APRIL 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>1 Meatball Sub with Mozzarella Cheese or Crispy Chicken Patty on Roll</p> <p>Featured Veggies: Steamed Green Peas Fresh Celery & Carrots Chilled Pears Choice of Milk</p> <p>5</p>	<p>2 Hot Turkey Sandwich with Gravy or Cheeseburger on Roll</p> <p>Featured Veggies: Mashed Potatoes Homemade Baked Beans Chilled Mixed Fruit Choice of Milk</p> <p>6</p>	<p>3 Spaghetti & Meat Sauce w/ Whole Wheat Bread or Hot Dog on Roll</p> <p>Featured Veggies: Steamed Carrots Fresh Romaine Salad Chilled Applesauce Choice of Milk</p> <p>1</p>	<p>4 French Toast Sticks w/ Oven Browned Sausage or Cheesesteak Sub</p> <p>Featured Veggies: Hash Brown Triangles Fresh Cherry Tomatoes Mandarin Oranges Choice of Milk</p> <p>2</p>	<p>5 Macaroni & Cheese w/ Whole Wheat Bread or Crispy Fish Sticks w/ Whole Wheat Bread</p> <p>Featured Veggies: Steamed Corn Fresh Celery Sticks Chilled Applesauce Choice of Milk</p> <p>3</p>
<p>8 Crispy Popcorn Chicken with Dinner Roll or Hot Ham & Cheese on Roll</p> <p>Featured Veggies: Homemade Baked Beans Fresh Cucumber Slices Chilled Mixed Fruit Choice of Milk</p> <p>4</p>	<p>9 Homemade Beef Lasagna w/ Italian Bread Slice or Crispy Chicken Patty on Roll</p> <p>Featured Veggies: Broccoli with Cheese Sauce Fresh Baby Carrots Chilled Peaches Choice of Milk</p> <p>5</p>	<p>10 Hot Turkey & Gravy over Noodles or Mini Corn Dogs</p> <p>Featured Veggies: Mashed Potatoes Fresh Red Peppers Strips Red Delicious Apple Choice of Milk</p> <p>6</p>	<p>11 Soft Pretzels with Cheese Sauce or Cheeseburger on Roll</p> <p>Featured Veggies: Steamed Carrots Fresh Romaine Salad Mandarin Oranges Choice of Milk</p> <p>1</p>	<p>12 Walking Loco Taco with Dinner Roll or Crispy Fish Sticks w/ Whole Wheat Bread</p> <p>Featured Veggies: Steamed Corn Fresh Celery Sticks Chilled Applesauce Choice of Milk</p> <p>2</p>
<p>15 Italian Dunkers with Pepperoni or Crispy Chicken Patty on Roll</p> <p>Featured Veggies: Steamed Green Beans Fresh Celery & Carrots Chilled Pineapple Choice of Milk</p> <p>3</p>	<p>16 French Toast Sticks w/ Oven Browned Sausage or Cheesesteak Sub</p> <p>Featured Veggies: Hash Brown Triangles Fresh Cucumber Slices Fresh Orange Wedges Choice of Milk</p> <p>4</p>	<p>17 Chicken Noodle Soup w/ Soft Pretzel Rod or Cheeseburger on Roll</p> <p>Featured Veggies: Broccoli with Cheese Sauce Fresh Baby Carrots Chilled Peaches Choice of Milk</p> <p>5</p>	<p>18 Hot Turkey Sandwich with Gravy or Hot Dog on Roll</p> <p>Featured Veggies: Mashed Potatoes Fresh Romaine Salad Red Delicious Apple Choice of Milk</p> <p>6</p>	<p>19 Macaroni & Cheese w/ Whole Wheat Bread or Crispy Fish Sticks w/ Whole Wheat Bread</p> <p>Featured Veggies: Homemade Baked Beans Fresh Cherry Tomatoes Chilled Peaches Choice of Milk</p> <p>1</p>
<p>22 Crispy Popcorn Chicken with Dinner Roll or Cheeseburger on Roll</p> <p>Featured Veggies: Candied Sweet Potatoes Broccoli with Cheese Sauce Fresh Orange Wedges Choice of Milk</p> <p>2</p>	<p>23 Toasted Cheese Sandwich or Chicken Fajita Wrap</p> <p>Featured Veggies: Creamy Tomato Soup Fresh Cucumber Slices Chilled Pineapple Choice of Milk</p> <p>3</p>	<p>24 Spaghetti & Meat Sauce w/ Whole Wheat Bread or Mini Corn Dog</p> <p>Featured Veggies: Steamed Green Peas Fresh Broccoli with Dip Chilled Peaches Choice of Milk</p> <p>4</p>	<p>25 Walking Loco Taco with Dinner Roll or Crispy Chicken Patty on Roll</p> <p>Featured Veggies: Steamed Corn Homemade Baked Beans Chilled Applesauce Choice of Milk</p> <p>5</p>	<p>26 Homemade Ham & Cheese Stromboli w/ Sauce or Soft Beef Taco</p> <p>Featured Veggies: Steamed Mixed Vegetables Fresh Cherry Tomatoes Chilled Mixed Fruit Choice of Milk</p> <p>6</p>
<p>29 Meatball Sub with Mozzarella Cheese or Hot Dog on Roll</p> <p>Featured Veggies: Steamed Carrots Homemade Baked Beans Chilled Pears Choice of Milk</p> <p>1</p>	<p>30 French Toast Sticks w/ Oven Browned Sausage or Cheeseburger on Roll</p> <p>Featured Veggies: Hash Brown Triangles Fresh Red Pepper Strips Mandarin Oranges Choice of Milk</p> <p>2</p>			