

MAY- JUNE 2019



JUNIATA COUNTY SCHOOL DISTRICT ELEMENTARY LUNCH MENU

What is a Meal?
You must choose of 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 meal 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

Lunch Prices
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

USDA is an equal opportunity provider and employer.
Menu subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
 6 Crispy Popcorn Chicken with Dinner Roll or Cheesesteak Sub Featured Veggies: Broccoli with Cheese Sauce Homemade Baked Beans Chilled Pineapple Choice of Milk 6	 7 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 1	1 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 3	2 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 4	3 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 5
13 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	14 Hot Turkey Sandwich with Gravy or Cheeseburger on Roll Featured Veggies: Mashed Potatoes Homemade Baked Beans Chilled Mixed Fruit Choice of Milk 6	15 Spaghetti & Meat Sauce w/ Whole Wheat Bread or Hot Dog on Roll Featured Veggies: Steamed Carrots Fresh Romaine Salad Fresh Orange Wedges Chilled Applesauce Choice of Milk 1	16 French Toast Sticks w/ Oven Browned Sausage or Cheesesteak Sub Featured Veggies: Hash Brown Triangles Fresh Cherry Tomatoes Mandarin Oranges Choice of Milk 2	17 Macaroni & Cheese w/ Whole Wheat Bread or Crispy Fish Sticks w/ Whole Wheat Bread Featured Veggies: Steamed Green Beans Fresh Broccoli with Dip Red Delicious Apple Choice of Milk 3
20 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	21 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	22 Hot Turkey & Gravy over Noodles or Mini Corn Dog Featured Veggies: Mashed Potatoes Fresh Red Pepper Strips Red Delicious Apple Choice of Milk 6	23 Soft Pretzels with Cheese Sauce or Cheeseburger on Roll Featured Veggies: Steamed Carrots Fresh Romaine Salad Mandarin Oranges Choice of Milk 1	24 Walking Loco Taco with Dinner Roll or Crispy Fish Sticks w/ Whole Wheat Bread Featured Veggies: Steamed Corn Fresh Celery Sticks Chilled Applesauce Choice of Milk 2
27 NO SCHOOL 	28 French Toast Sticks w/ Oven Browned Sausage or Cheesesteak Sub Featured Veggies: Hash Brown Triangles Fresh Cucumber Slices Fresh Orange Wedges Choice of Milk 3	29 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 4	30 Hot Turkey Sandwich with Gravy or Hot Dog on Roll Featured Veggies: Mashed Potatoes Fresh Romaine Salad Red Delicious Apple Choice of Milk 5	31 Macaroni & Cheese w/ Whole Wheat Bread or Meatball Sub with Mozzarella Cheese Featured Veggies: Homemade Baked Beans Fresh Cherry Tomatoes Chilled Peaches Choice of Milk 6
3 Crispy Popcorn Chicken with Dinner Roll or Chef's Choice (Menu to be announced) Featured Veggies: Broccoli with Cheese Sauce Steamed Mixed Vegetables Chilled Peaches Choice of Milk 1	4 Toasted Cheese Sandwich or Chef's Choice (Menu to be announced) Featured Veggies: Creamy Tomato Soup Fresh Cucumber Slices Chilled Mixed Fruit Choice of Milk 2	5 Spaghetti & Meat Sauce w/ Whole Wheat Bread or Chef's Choice (Menu to be announced) Featured Veggies: Steamed Green Peas Assorted Fresh Veggies Assorted Fruits Choice of Milk 3	6 Nachos Grande w/ Tortilla Chips & Cheese Sauce or Chef's Choice (Menu to be announced) Featured Veggies: Steamed Corn Assorted Fresh Veggies Assorted Fruits Choice of Milk 4	7 Macaroni & Cheese w/ Whole Wheat Bread or Chef's Choice (Menu to be announced) Featured Veggies: Steamed Green Beans Assorted Fresh Veggies Assorted Fruits Choice of Milk 5