



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
Adult \$3.75

Chris Ammon- General Manager
(717) 436-2111 ext. 5084
cammon@icsdk12.org

Kath Gilson- Food Service
(717) 436-2111 ext. 5015
kailson@icsdk12.org

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
		BALLPARK GRILL French Toast Sticks with Oven Brownded Sausage or Sloppy Joe on Roll Featured Veggies: Hash Brown Triangles Fresh Red Pepper Strips Mandarin Oranges / Milk 3	Mashed Potato Bowl with Dinner Roll or Mini Corn Doas Featured Veggies: Mashed Potatoes Fresh Romaine Salad Chilled Mixed Fruit / Milk 4	Macaroni & Cheese w/ Whole Wheat Bread or Crispy Popcorn Chicken with Dinner Roll Featured Veggies: Steamed Mixed Vegetables Fresh Baby Carrots Chilled Pears / Milk 5
TATER TOT BAR OR JAGGED UP FRY BAR				
Crispy Chicken Nuggets with Dinner Roll or Cheesesteak Sub Featured Veggies: Broccoli with Cheese Sauce Homemade Baked Beans Chilled Pineapple / Milk 6	Toasted Cheese Sandwich or BBQ Pork Rib Sandwich Featured Veggies: Creamy Tomato Soup Fresh Cucumber Slices Chilled Pears / Milk 1	Buffalo Chicken & Cheese on Flatbread or Meatball Sub with Mozzarella Cheese Featured Veggies: Steamed Carrots Fresh Cauliflower with Dip Fresh Orange Wedges / Milk 2	Hot Turkey Sandwich with Gravy or Italian Dunkers with Marinara Dipping Sauce Featured Veggies: Mashed Potatoes Fresh Broccoli with Dip Red Delicious Apple / Milk 3	Walking Loco Taco with Dinner Roll or Chicken Fajita Wrap Featured Veggies: Steamed Green Beans Fresh Romaine Salad Chilled Peaches / Milk 4
ASIAN BAR				
Meatball Sub with Mozzarella Cheese or Spicy Chicken Pattv on Roll Featured Veggies: Steamed Mixed Vegetables Crispy Tater Tots Chilled Pears / Milk 5	Chicken Alfredo Pasta w/ Garlic Breadstick or Chili Dog with Corn Chips Featured Veggies: Three Bean Salad Fresh Cucumber Slices Fresh Orange Wedges / Milk 6	Mashed Potato Bowl with Dinner Roll or Hot Ham & Cheese Pretzel Roll Featured Veggies: Mashed Potatoes Fresh Red Pepper Strips Chilled Pineapple / Milk 1	Toasted Cheese Sandwich or Chicken Fajita Wrap Featured Veggies: Creamy Tomato Soup Fresh Cucumber Slices Chilled Mixed Fruit / Milk 2	Buffalo Chicken Dip with Nachos or Mexican Beef Burrito Featured Veggies: Steamed Green Beans Fresh Broccoli with Dip Red Delicious Apple / Milk 3
TACO BAR				
Chicken Parmesan w/ Pasta & Garlic Breadstick or Hot Dog with Sauerkraut & Corn Chips Featured Veggies: Steamed Green Beans Fresh Carrots & Celery Chilled Applesauce / Milk 4	Chicken Fajita Wrap or Hot Ham & Cheese on Pretzel Roll Featured Veggies: Crispy Potato Wedges Homemade Baked Beans Chilled Peaches / Milk 5	Mashed Potato Bowl with Dinner Roll or Mini Corn Dogs Featured Veggies: Mashed Potatoes Fresh Romaine Salad Chilled Mixed Fruit / Milk 6	Macaroni & Cheese w/ Whole Wheat Bread or Popcorn Chicken with Dinner Roll Featured Veggies: Steamed Mixed Vegetables Fresh Baby Carrots Chilled Pears / Milk 1	French Toast Sticks with Oven Brownded Sausage or Sloppy Joe on Roll Featured Veggies: Hash Brown Triangles Fresh Red Pepper Strips Mandarin Oranges / Milk 2
BALLPARK GRILL				
	Buffalo Chicken Dip with Nachos or BBQ Pork Rib Pattv on Roll Featured Veggies: Homemade Baked Beans Fresh Cucumber Slices Fresh Orange Wedges / Milk 3	Chicken Noodle Soup w/ Soft Pretzel Rod or Hot Ham & Cheese on Pretzel Roll Featured Veggies: Broccoli with Cheese Sauce Fresh Romaine Salad Chilled Peaches / Milk 4	Mashed Potato Bowl with Dinner Roll or Sloppy Joe on Roll Featured Veggies: Mashed Potatoes Fresh Baby Carrots Red Delicious Apples / Milk 5	Macaroni & Cheese w/ Whole Wheat Bread or Chicken Fajita Wrap Featured Veggies: Stewed Tomatoes Fresh Broccoli with Dip Chilled Mixed Fruit / Milk 6
BRUNCH BAR				
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 / Milk 1	Toasted Cheese Sandwich or Chef's Choice (Menu to be announced) Featured Veggies: Creamy Tomato Soup Fresh Cole Slaw Chilled Mixed Fruit / Milk 2	Hot Turkey Sandwich with Gravy or Chef's Choice (Menu to be announced) Featured Veggies: Mashed Potatoes Assorted Fresh Veggies Assorted Fruits / Milk 3	Nachos Grande with Tortilla Chips or Chef's Choice (Menu to be announced) Featured Veggies: Steamed Green Peas Assorted Fresh Veggies Assorted Fruits / Milk 4	BBQ Pulled Pork Sandwich or Chef's Choice (Menu to be announced) Featured Veggies: Seasoned Potato Wedges Assorted Fresh Veggies Assorted Fruits / Milk 5