

Aug- Sept 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 alternative
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white, 1% chocolate, and fat free strawberry.

Weekly Vegetable Subgroups May Include:

Dark green - spinach, broccoli, romaine and spring salad

Red/Orange - carrots, sweet potatoes, tomatoes, red peppers

Beans/Peas - 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, apple sauce, pineapple, 100% fruit juices, and mandarin oranges

Daily Entree Options may include:

Crispy Chicken Nuggets served with a Dinner Roll

Our Own Homemade 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
Full Price \$ 2.50
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

JOIN OUR STAFF !!!
Join our team earning a competitive wage as a substitute team member
Call Chris today to schedule an interview

Monday	Tuesday	Wednesday	Thursday	Friday
 26 Italian Dunkers with Pepperoni or Crispy Chicken Patty on Roll Featured Veggies: Steamed Green Beans Fresh Celery & Carrots Chilled Pineapple Choice of Milk 3	 27 French Toast Sticks w/ Oven Browned Sausage or Cheesesteak Sub Featured Veggies: Hash Brown Triangles Fresh Cucumber Slices Fresh Orange Wedges Choice of Milk 4	 28 Chicken Noodle Soup w/ Soft Pretzel or Cheeseburger on Roll Featured Veggies: Broccoli w/Cheese Sauce Fresh Baby Carrots Chilled Peaches Choice of Milk 5	22 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 1	23 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
2 NO SCHOOL  3 Crispy Popcorn Chicken with Dinner Roll or Cheeseburger on Roll Featured Veggies: Candied Sweet Potatoes Broccoli w/ Cheese Sauce Fresh Orange Wedges Choice of Milk 1	3 Crispy Popcorn Chicken with Dinner Roll or Cheeseburger on Roll Featured Veggies: Candied Sweet Potatoes Broccoli w/ Cheese Sauce Fresh Orange Wedges Choice of Milk 1	4 Toasted Cheese Sandwich or Chicken Fajita Wrap Featured Veggies: Creamy Tomato Soup Fresh Cucumber Slices Chilled Pineapple Choice of Milk 2	5 Walking Loco Taco with Dinner Roll or Crispy Chicken Patty on Roll Featured Veggies: Steamed Corn Homemade Baked Beans Chilled Applesauce Choice of Milk 3	6 Homemade Ham & Cheese Stromboli w/ Sauce or Soft Beef Taco Featured Veggies: Steamed Mixed Vegetables Fresh Broccoli with Dip Chilled Mixed Fruit Choice of Milk 4
9 Meatball Sub with Mozzarella Cheese or Hot Dog on Roll Featured Veggies: Steamed Carrots Homemade Baked Beans Chilled Pears Choice of Milk 5	10 French Toast Sticks w/ Oven Browned Sausage or Cheeseburger on Roll Featured Veggies: Hash Brown Triangles Fresh Red Peppers Strips Mandarin Oranges Choice of Milk 6	11 Nachos Grande / Tortilla Chips & Cheese Sauce or Hot Ham & Cheese on Roll Featured Veggies: Steamed Green Beans Fresh Cauliflower with Dip Chilled Applesauce Choice of Milk 1	12 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 2	13 NO SCHOOL 
16 Crispy Popcorn Chicken with Dinner Roll or Cheesesteak Sub Featured Veggies: Broccoli with Cheese Sauce Homemade Baked Beans Chilled Pineapple Choice of Milk 3	17 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 4	18 Toasted Cheese Sandwich or Hot Dog on Roll Featured Veggies: Creamy Tomato Soup Fresh Celery & Carrots Fresh Orange Wedges Choice of Milk 5	19 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 6	20 Walking Loco Taco with Dinner Roll or Mini Corn Dogs Featured Veggies: Crispy Tater Tots Fresh Romaine Salad Chilled Pears Choice of Milk 1
23 Meatball Sub with Mozzarella Cheese or Crispy Chicken Patty on Roll Featured Veggies: Steamed Green Peas Fresh Celery & Carrots Chilled Pears Choice of Milk 2	24 Hot Turkey Sandwich with Gravy or Cheeseburger on Roll Featured Veggies: Mashed Potatoes Homemade Baked Beans Chilled Mixed Fruit Choice of Milk 3	25 Spaghetti & Meat Sauce w/ Whole Wheat Bread or Hot Dog on Roll Featured Veggies: Steamed Carrots Fresh Romaine Salad Chilled Applesauce Choice of Milk 4	26 French Toast Sticks w/ Oven Browned Sausage or Cheesesteak Sub Featured Veggies: Hash Brown Triangles Fresh Cherry Tomatoes Mandarin Oranges Choice of Milk 5	27 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 6