

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
Meat 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

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 \$4.00
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
<p>2 Crispy Popcorn Chicken with Dinner Roll or Cheeseburger on Roll</p> <p>Featured Veggies: Candied Sweet Potatoes Broccoli w/ Cheese Sauce Fresh Orange Wedges Choice of Milk 1</p>	<p>3 Toasted Cheese Sandwich or Chicken Fajita Wrap</p> <p>Featured Veggies: Creamy Tomato Soup Fresh Cucumber Slices Chilled Pineapple Choice of Milk 2</p>	<p>4 Spaghetti & Meat Sauce w/ Whole Wheat Bread or Mini Corn Dogs</p> <p>Featured Veggies: Steamed Green Peas Fresh Broccoli with Dip Chilled Peaches Choice of Milk 3</p>	<p>5 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 4</p>	<p>6 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 5</p>
<p>9 Meatball Sub with Mozzarella Cheese or Hot Dog on Roll</p> <p>Featured Veggies: Steamed Carrots Homemade Baked Beans Chilled Pears Choice of Milk 6</p>	<p>10 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 1</p>	<p>11 Nachos Grande / Tortilla Chips & Cheese Sauce or Hot Ham & Cheese on Roll</p> <p>Featured Veggies: Steamed Green Beans Fresh Celery Sticks Chilled Applesauce Choice of Milk 2</p>	<p>12 Crispy Popcorn Chicken with Dinner Roll or Soft Beef Taco</p> <p>Featured Veggies: Mashed Potatoes/ Gravy Fresh Romaine Salad Chilled Mixed Fruit Choice of Milk 3</p>	<p>13 NO SCHOOL</p> 
<p>16 NO SCHOOL</p> 	<p>17 Beef 'n Cheddar Fries w/ Pretzel Rod & Roll or BBQ Chicken Sub</p> <p>Featured Veggies: Steamed Corn Fresh Cherry Tomatoes Chilled Mixed Fruit Choice of Milk 4</p>	<p>18 Toasted Cheese Sandwich or Hot Dog on Roll</p> <p>Featured Veggies: Creamy Tomato Soup Fresh Celery & Carrots Fresh Orange Wedges Choice of Milk 5</p>	<p>19 Homemade Ham & Cheese Stromboli w/ Sauce or Crispy Chicken Patty on Roll</p> <p>Featured Veggies: Steamed Mixed Vegetables Fresh Cucumber Slices Chilled Peaches Choice of Milk 6</p>	<p>20 Walking Loco Taco with Dinner Roll or Mini Corn Dogs</p> <p>Featured Veggies: Crispy Tater Tots Fresh Romaine Salad Chilled Pears Choice of Milk 1</p>
<p>23 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 2</p>	<p>24 Hot Turkey Sandwich with Gravy or Cheeseburger on Roll</p> <p>Featured Veggies: Mashed Potatoes Homemade Baked Beans Chilled Mixed Fruit Choice of Milk 3</p>	<p>25 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 4</p>	<p>26 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 5</p>	<p>27 Macaroni & Cheese w/ Whole Wheat Bread or Crispy Fish Nuggets w/ Whole Wheat Bread</p> <p>Featured Veggies: Steamed Green Beans Fresh Broccoli with Dip Red Delicious Apple Choice of Milk 6</p>
<p>30 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 1</p>	<p>31 Homemade Beef Lasagna with Garlic Toast or Crispy Chicken Patty on Roll</p> <p>Featured Veggies: Broccoli w/ Cheese Sauce Fresh Baby Carrots Chilled Peaches Choice of Milk 2</p>	 <p>NUTRITION EAT RIGHT - LIVE WELL</p>	 <p>SPRING FORWARD</p>	