

**MARCH
2020**



Metz
CULINARY MANAGEMENT

Juniata County School District Secondary Lunch Menu

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
Reduced \$4.40
Adult \$3.75

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Kathy Gilson- Food Service Support
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USDA is an equal opportunity

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
TACO BAR SEASONED BEEF, CHICKEN, OR VEGETARIAN OPTION, A VARIETY OF TORTILLAS, AND TOPPINGS				
Crispy Popcorn Chicken with Dinner Roll or Cheesesteak Sub Featured Veggies: Candied Sweet Potatoes Broccoli with Cheese Sauce Fresh Orange Wedges / Milk 1	Toasted Cheese Sandwich or Chili Dog with Corn Chips Featured Veggies: Creamy Tomato Soup Fresh Cole Slaw Chilled Pineapple / Milk 2	Chicken Alfredo Pasta with Garlic Breadstick or BBQ Pulled Pork on Roll Featured Veggies: Steamed Green Peas Three Bean Salad Red Delicious Apple / Milk 3	Hot Turkey Sandwich with Gravy or Hot Ham & Cheese on Pretzel Roll Featured Veggies: Mashed Potatoes Fresh Baby Carrots Chilled Mixed Fruit / Milk 4	Buffalo Chicken & Cheese on Flatbread or Crispy Fish Sandwich Featured Veggies: Steamed Carrots Fresh Broccoli with Dip Fresh Orange Wedges / Milk 5
BALLPARK GRILL CHOICE OF HOT DOG, SAUSAGE, OR CHEESESTEAK SANDWICH LOADED WITH TOPPINGS AND SERVED WITH FRENCH FRIES				
Chicken Fajita Wrap or Pepperoni Roll with Marinara Sauce Featured Veggies: Homemade Baked Beans Seasoned Potato Wedges Chilled Peaches / Milk 6	Chicken Parmesan w/ Pasta & Garlic Breadstick or Hot Dog with Sauerkraut & Corn Chips Featured Veggies: Steamed Green Beans Fresh Carrots & Celery Chilled Applesauce / Milk 1	French Toast Sticks w/ Oven Brownded Sausage or Sloppy Joe on Roll Featured Veggies: Hash Brown Triangles Fresh Red Pepper Strips Mandarin Oranges / Milk 2	Mashed Potato Bowl with Dinner Roll or Mini Corn Dogs Featured Veggies: Mashed Potatoes Fresh Romaine Salad Chilled Mixed Fruit / Milk 3	NO SCHOOL 
TATER TOT BAR CRISPY TATER TOTS SERVED WITH SEASONED BEEF OR CHICKEN, CHOICE OF CHEESE AND LOTS OF TOPPINGS				
NO SCHOOL 	Toasted Cheese Sandwich or Soft Beef Taco Featured Veggies: Creamy Tomato Soup Three Bean Salad Chilled Pears / Milk 4	Buffalo Chicken & Cheese on Flatbread or Italian Dunkers with Marinara Dipping Sauce Featured Veggies: Steamed Carrots Fresh Celery Sticks Fresh Orange Wedges / Milk 5	Hot Turkey Sandwich with Gravy or Pulled Pork Sandwich on Roll Featured Veggies: Mashed Potatoes Fresh Broccoli with Dip Red Delicious Apple / Milk 6	Walking Loco Taco with Dinner Roll or Crispy Fish Sticks Sandwich Featured Veggies: Steamed Green Beans Fresh Romaine Salad Chilled Peaches / Milk 1
BREAKFAST BAR EGGS, SAUSAGE, AND HAM ARE PERFECT COMPLIMENTS TO BREAKFAST STAPLES LIKE WAFFLES, FRENCH TOAST STICKS, CROISSANTS, AND ENGLISH MUFFINS				
Meatball Sub with Mozzarella Cheese or Chicken Cordon Bleu on Roll Featured Veggies: Steamed Mixed Vegetables Seasoned Potato Wedges Chilled Pears / Milk 2	Chicken Alfredo Pasta w/ Garlic Breadstick or Chili Dog with Corn Chips Featured Veggies: Steamed Green Peas Fresh Romaine Salad Chilled Applesauce / Milk 3	Mashed Potato Bowl with Dinner Roll or Hot Ham & Cheese on Pretzel Roll Featured Veggies: Mashed Potatoes with Gravy Fresh Red Pepper Strips Chilled Pineapple / Milk 4	Toasted Cheese Sandwich or Chicken Fajita Wrap Featured Veggies: Creamy Tomato Soup Fresh Cucumber Slices Chilled Mixed Fruit / Milk 5	Buffalo Chicken Dip with Nachos or Macaroni & Cheese w/ Whole Wheat Bread Featured Veggies: Steamed Green Beans Fresh Broccoli with Dip Red Delicious Apple / Milk 6
BUILD-A-BURGER BAR A FRESH-MADE BURGER WITH YOUR CHOICE OF CHEESE, AN ARRAY OF TOPPINGS, AND CRISPY ONION RINGS. BURGERS SERVED WITH A SIDE OF FRENCH FRIES				
Crispy Chicken Nuggets with Dinner Roll or Cheesesteak Sub Featured Veggies: Homemade Baked Beans Steamed Carrots Chilled Mixed Fruit / Milk 1	Spaghetti & Meatballs with Garlic Breadstick or Chicken Fajita Wrap Featured Veggies: Broccoli with Cheese Sauce Fresh Baby Carrots Chilled Peaches / Milk 2	 NUTRITION CHOOSE RIGHT. LIVE WELL	 SPRING FORWARD	 π 3.14159 265358979323 84626433832795 02884197169399375 1058209749445923078 164062862089986280 3482534211706798214808 75173796245719914887622