

# AUGUST 2017



## SHENANGO 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**

Meat or meat alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread

Choice of Milk - 1% white, and fat-free chocolate & white

### 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 include:

**PB&J Uncrustable with String Cheese & Graham Snack Crackers**



**NEW**



### CRAVEABLES!

**BUILD YOUR OWN PIZZA LUNCH KIT**  
(Flat bread, Sauce, Cheese & Pepperoni)



Lunch Prices  
Student \$2.00  
Reduced \$.40  
Adult \$3.50

Director of Dining Services  
**Christine Bruno**  
724.658.0282  
[cbruno@shenango.k12.pa.us](mailto:cbruno@shenango.k12.pa.us)

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>23</b> Chicken Nuggets with a Dinner Roll</p> <p>American Deli Sub Sandwich</p> <p><b>Featured Veggies:</b> Curly Fries Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>24</b> Hot Dog On a Bun</p> <p>Chicken Patty Sandwich</p> <p><b>Featured Veggies:</b> Baked Beans Tater Tots Choice of Fruit Choice of Milk</p>	<p><b>25</b> Taco Salad Tortilla Chips</p> <p>Cheesy Pizza</p> <p><b>Featured Veggies:</b> Steamed Corn Tomato &amp; Cucumbers Choice of Fruit Choice of Milk</p>
<p><b>28</b> Chicken Tenders with a Dinner Roll</p> <p>Ham &amp; Cheese On a Croissant</p> <p><b>Featured Veggies:</b> Potato Smiles Green Beans Choice of Fruit Choice of Milk</p>	<p><b>29</b> Toasted Cheese Sandwich</p> <p>Beef &amp; Cheese Taco On a Soft Tortilla</p> <p><b>Featured Veggies:</b> Hash Browns Lettuce &amp; Salsa Choice of Fruit Choice of Milk</p>	<p><b>30</b> Penne Pasta &amp; Meatballs Garlic Bread Stick</p> <p>Cheeseburger On a Bun</p> <p><b>Featured Veggies:</b> Italian Salad Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p><b>31</b> Mini Corn Dogs</p> <p>Stuffed Crust Pizza</p> <p><b>Featured Veggies:</b> Oven Fries Hummus &amp; Chips Choice of Fruit Choice of Milk</p>	

