

JANUARY 2018



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:

Garden Salad with Dinner Roll

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
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USDA is an equal opportunity provider and employer.

Monday



Tuesday

Wednesday

Thursday

Friday

8

Hot Dog
On a Bun

Cheesesticks & Sauce

Featured Veggies:

Oven Fries
Baked Beans
Choice of Fruit
Choice of Milk

9

Popcorn Chicken
with a Dinner Roll

American Deli Sub

Featured Veggies:

Potato Smiles
Steamed Broccoli
Choice of Fruit
Choice of Milk

10

Penne Pasta & Meatballs
Garlic Bread Stick

Cowboy Burger
(Onion Rings, BBQ & Cheese)

Featured Veggies:

Italian Salad
Baby Carrots
Choice of Fruit
Choice of Milk

11

French Toast
with Sausage

Hot Ham & Cheese
on a Pretzel Roll

Featured Veggies:

Hash Browns
Cherry Tomatoes
Choice of Fruit
Choice of Milk

12

Fish Nuggets
with a Dinner Roll

Stuffed Crust Pizza

Featured Veggies:

Mini Pierogies
Green Beans
Choice of Fruit
Choice of Milk

15



No School

16

Toasted Cheese
Sandwich

Pancake & Sausage
on a Stick

Featured Veggies:

Tomato Soup
Triangle Potatoes
Choice of Fruit
Choice of Milk

17

Nachos Grande
Tortilla Chips

Chicken & Cheese
Quesadilla

Featured Veggies:

Steamed Corn
Lettuce & Salsa
Choice of Fruit
Choice of Milk

18

Hot Turkey Sandwich
Sandwich

BBQ Rib
Sandwich

Featured Veggies:

Mashed Potatoes
Mixed Vegetables
Choice of Fruit
Choice of Milk

19

Chicken Tenders
with a Dinner Roll

Pepperoni Pizza

Featured Veggies:

Curly Fries
Hummus & Chips
Choice of Fruit
Choice of Milk

22

General Tso Chicken
over Rice

Beef & Cheese
Soft Taco

Featured Veggies:

Steamed Broccoli
Lettuce & Salsa
Choice of Fruit
Choice of Milk

23

Chicken Nuggets
with a Dinner Roll

Sloppy Joe
Sandwich

Featured Veggies:

Mashed Potatoes
Steamed Corn
Choice of Fruit
Choice of Milk

24

Penne Pasta & Meatballs
Garlic Bread Stick

Fruit & Yogurt Parfait
w/Grahams & Cheesestick

Featured Veggies:

Italian Salad
Baby Carrots
Choice of Fruit
Choice of Milk

25

Chicken Patty
Sandwich

Mini Corn Dogs

Featured Veggies:

Potato Smiles
Cherry Tomatoes
Choice of Fruit
Choice of Milk

26

Fajita Chicken Salad
with a Dinner Roll

Cheesy Pizza

Featured Veggies:

Oven Fries
Hummus & Chips
Choice of Fruit
Choice of Milk

29

Sausage, Egg & Cheese
Croissant

Hot Dog
on a Bun

Featured Veggies:

Baked Beans
Potato Triangles
Choice of Fruit
Choice of Milk

30

Macaroni & Cheese
with a Dinner Roll

Cheeseburger

Featured Veggies:

Green Beans
Coleslaw
Choice of Fruit
Choice of Milk

31

Nachos Grande
Tortilla Chips

Turkey & Cheese
Wrap

Featured Veggies:

Steamed Corn
Lettuce & Salsa
Choice of Fruit
Choice of Milk

1

Chicken Tenders
with a Dinner Roll

BBQ Pulled Pork
Sandwich

Featured Veggies:

Mashed Potatoes
Steamed Vegetables
Choice of Fruit
Choice of Milk

2

Meatball & Cheese Sub
Sandwich

Pepperoni Pizza

Featured Veggies:

Potato Wedges
Italian Salad
Choice of Fruit
Choice of Milk