

# SEPTEMBER 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:

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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### Monday

4



### Tuesday

5

Turkey & Cheese Wrap

Hot Dog On a Bun

**Featured Veggies:**  
Curly Fries  
Cherry Tomatoes  
Choice of Fruit  
Choice of Milk

### Wednesday

6

Nachos Grande Tortilla Chips

Cheese Quesadilla

**Featured Veggies:**  
Steamed Corn  
Lettuce & Salsa  
Choice of Fruit  
Choice of Milk

### Thursday

7

Popcorn Chicken with a Dinner Roll

BBQ Rib Sandwich

**Featured Veggies:**  
Mashed Potatoes  
Steamed Peas  
Choice of Fruit  
Choice of Milk

### Friday

8

Fruit & Yogurt Parfait with Grahams & Cheesestick

Cheesy Pizza

**Featured Veggies:**  
Tater Tots  
Veggies & Dip  
Choice of Fruit  
Choice of Milk

11

French Toast Sticks & Sausage Links

Ham, Egg & Cheese On a Croissant

**Featured Veggies:**  
Hash Browns  
Tomato Salad  
Choice of Fruit  
Choice of Milk

12

General Tso Chicken Over Rice

Cheese Sticks w/Sauce

**Featured Veggies:**  
Steamed Broccoli  
**Frozen Fruit Juice Bar**  
Choice of Fruit  
Choice of Milk

13

Penne Pasta & Meatballs Garlic Bread Stick

Pulled Pork Sandwich

**Featured Veggies:**  
Italian Salad  
Baby Carrots  
Choice of Fruit  
Choice of Milk

14

Cheeseburger On a Bun

Chicken Fries with a Dinner Roll

**Featured Veggies:**  
Potato Smiles  
Mixed Vegetables  
Choice of Fruit  
Choice of Milk

15

Fajita Chicken & Cheese on Flatbread

Pepperoni Pizza

**Featured Veggies:**  
Tater Tots  
Hummus & Chips  
Choice of Fruit  
Choice of Milk

18

Mini Corn Dogs

Italian Meatball & Cheese Sandwich

**Featured Veggies:**  
Oven Fries  
Spinach Salad  
Choice of Fruit  
Choice of Milk

19

Macaroni & Cheese with a Dinner Roll

Chicken Patty Sandwich

**Featured Veggies:**  
Green Beans  
Coleslaw  
Choice of Fruit  
Choice of Milk

20

Nacho's Grande Tortilla Chips

Chicken Soft Taco On a Soft Tortilla

**Featured Veggies:**  
Steamed Corn  
Lettuce & Salsa  
Choice of Fruit  
Choice of Milk

21

Sloppy Joe Sandwich

Chicken Tenders with a Dinner Roll

**Featured Veggies:**  
Mashed Potatoes  
Steamed Peas  
Choice of Fruit  
Choice of Milk

22

Buffalo Chicken Salad with a Dinner Roll

Cheesy Pizza

**Featured Veggies:**  
Curly Fries  
Cherry Tomatoes  
Choice of Fruit  
Choice of Milk

25

Fruit & Yogurt Parfait with Grahams & Cheesestick

Toasted Cheese Sandwich

**Featured Veggies:**  
Tater Tots  
Cherry Tomatoes  
Choice of Fruit  
Choice of Milk

26

Chicken Nuggets with a Dinner Roll

Ham & Cheese Sandwich

**Featured Veggies:**  
Mini Pierogies  
Steamed Vegetables  
Choice of Fruit  
Choice of Milk

27

Penne Pasta & Meatballs Garlic Bread Stick

Bacon Cheeseburger On a Bun

**Featured Veggies:**  
Romaine Salad  
Pickles, Lettuce & Tomato  
Choice of Fruit  
Choice of Milk

28

Pancakes & Sausage w/Syrup

Beef & Cheese Taco On a Soft Tortilla

**Featured Veggies:**  
Hash Browns  
Baby Carrots  
Choice of Fruit  
Choice of Milk

29

Hot Dog On a Bun

Pepperoni Pizza

**Featured Veggies:**  
Baked Beans  
Curly Fries  
Choice of Fruit  
Choice of Milk