

DECEMBER 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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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1 Taco Salad Tortilla Chips Stuffed Crust Pizza</p> <p>Featured Veggies: Steamed Corn Celery Sticks with Ranch Choice of Fruit Choice of Milk</p>
<p>4 Hot Dog On a Bun</p> <p>Cheeseburger On a Bun</p> <p>Featured Veggies: Oven Fries Baked Beans Choice of Fruit Choice of Milk</p>	<p>5 Fish Nuggets with a Dinner Roll</p> <p>Chicken Patty Sandwich</p> <p>Featured Veggies: Mini Pierogies Green Beans Choice of Fruit Choice of Milk</p>	<p>6 Nachos Grande Tortilla Chips</p> <p>Cheese Sticks & Sauce</p> <p>Featured Veggies: Steamed Corn Lettuce & Salsa Choice of Fruit Choice of Milk</p>	<p>7 Popcorn Chicken with a Dinner Roll</p> <p>Hot Pork Sandwich with Gravy</p> <p>Featured Veggies: Mashed Potatoes Steamed Peas Choice of Fruit Choice of Milk</p>	<p>8 Toasted Cheese Sandwich</p> <p>Pepperoni Pizza</p> <p>Featured Veggies: Tater Tots Veggies & Dip Choice of Fruit Choice of Milk</p>
<p>11 General Tso Chicken over Brown Rice</p> <p>BBQ Rib Sandwich</p> <p>Featured Veggies: Steamed Broccoli Celery Sticks Choice of Fruit Choice of Milk</p>	<p>12 Pancake & Sausage on a Stick</p> <p>Fruit & Yogurt Parfait w/Grahams & Cheesestick</p> <p>Featured Veggies: Triangle Potatoes Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>13 Penne Pasta & Meatballs Garlic Bread Stick</p> <p>Turkey & Cheese Croissant</p> <p>Featured Veggies: Italian Salad Baby Carrots Choice of Fruit Choice of Milk</p>	<p>14 Chicken Tenders with a Dinner Roll</p> <p>American Deli Sub Sandwich</p> <p>Featured Veggies: Potato Smiles Mixed Vegetables Choice of Fruit Choice of Milk</p>	<p>15 Fajita Chicken Salad</p> <p>Cheesy Pizza</p> <p>Featured Veggies: Curly Fries Hummus & Chips Choice of Fruit Choice of Milk</p>
<p>18 Beef & Cheese Soft Taco</p> <p>Mini Corn Dogs</p> <p>Featured Veggies: Oven Fries Lettuce & Salsa Choice of Fruit Choice of Milk</p>	<p>19 Chicken Nuggets with a Dinner Roll</p> <p>Hot Ham & Cheese On a Pretzel Roll</p> <p>Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p>20 French Toast & Sausage</p> <p>Cheeseburger on a Bun</p> <p>Featured Veggies: Hash Browns Hummus & Chips Choice of Fruit Choice of Milk</p>	<p>21 Chicken Patty Sandwich</p> <p>Toasted Cheese Sandwich</p> <p>Featured Veggies: Tomato Soup Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>22 Personal Pan Pizza or Cheesy Pizza</p> <p>Featured Veggies: Garden Salad Veggies & Dip Choice of Fruit Choice of Milk</p>

