

**JUNE
2017**



SHENANGO HIGH SCHOOL



Monday



Tuesday



Wednesday



Thursday

1

Chicken Tenders
with a Dinner Roll

Toasted Cheese
Sandwich

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

Friday

2

Buffalo Chicken Salad
Garlic Bread Stick

Cheeseburger Bar

Featured Veggies:
Curly Fries
Baby Carrots
Choice of Fruit
Choice of Milk

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 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

Daily Fresh Baked Pizza Selections:

- Cheese , Pepperoni, Buffalo Chicken, White ,Sausage or Specialty Pizza

UP FOR GRABS

- Chicken Caesar Salad with Dinner Roll
- Strawberry Spinach Salad with Dinner Roll
- Chopped Garden Salad with Dinner Roll
- Buffalo Chicken Salad with Dinner Roll

5

COOK'S CHOICE

Featured Veggies:

Choice of Fruit
Choice of Milk

6

COOK'S CHOICE

Featured Veggies:

Choice of Fruit
Choice of Milk

7

COOK'S CHOICE

Featured Veggies:

Choice of Fruit
Choice of Milk

8

COOK'S CHOICE

Featured Veggies:

Choice of Fruit
Choice of Milk



**HAPPY
SUMMER
VACATION!**



Lunch Prices
Student \$2.25
Reduced \$.40
Adult \$3.50

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