

OCTOBER 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

2

Popcorn Chicken
with a Dinner Roll

Turkey & Cheese
Sandwich

Featured Veggies:

Potato Smiles
Steamed Carrots
Choice of Fruit
Choice of Milk

Tuesday

3

Mini Corn Dogs

Cheese Sticks
with Sauce

Featured Veggies:

Oven Fries
Cucumber Slices
Choice of Fruit
Choice of Milk

Wednesday

4

Nachos Grande
Tortilla Chips

Chicken & Cheese Taco
On a Soft Tortilla

Featured Veggies:

Steamed Corn
Lettuce & Salsa
Choice of Fruit
Choice of Milk

Thursday

5

Cheesy Pizza

BBQ Rib
Sandwich

Featured Veggies:

Italian Salad
Hummus & Chips
Choice of Fruit
Choice of Milk

Friday

6



No School

9



NATIONAL SCHOOL LUNCH WEEK!

No School

10

Breakfast on a Stick
(Pancake & Sausage)

Ham, Egg & Cheese
Croissant

Featured Veggies:

Triangle Potatoes
Cherry Tomatoes
Choice of Fruit
Choice of Milk

11

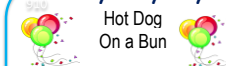
Penne Pasta & Meatballs
Garlic Bread Stick

Cowboy Burger
(Cheese, Onion Rings & BBQ Sauce)

Featured Veggies:

Garden Salad
Baby Carrots
Choice of Fruit
Choice of Milk

Lucky Tray Day!



Hot Dog
On a Bun

Fish Nuggets
with a Dinner Roll

Featured Veggies:

Mini Pierogies
Baked Beans
Choice of Fruit
Choice of Milk

13

Chicken Fries
with a Dinner Roll

Pepperoni Pizza

Featured Veggies:

Curly Fries
Cheesy Broccoli
Choice of Fruit
Choice of Milk

16

General Tso Chicken
Over Rice

Corn Dog

Featured Veggies:

Steamed Broccoli
Baby Carrots
Choice of Fruit
Choice of Milk

17

Macaroni & Cheese
with a Dinner Roll

Chicken Patty
Sandwich

Featured Veggies:

Green Beans
Coleslaw
Choice of Fruit
Choice of Milk

18

Nacho's Grande
Tortilla Chips

Hot Ham & Cheese
On a Pretzel Roll

Featured Veggies:

Steamed Corn
Lettuce & Salsa
Choice of Fruit
Choice of Milk

19

Sloppy Joe
Sandwich

Chicken Tenders
with a Dinner Roll

Featured Veggies:

Mashed Potatoes
Steamed Peas
Choice of Fruit
Choice of Milk

20

Buffalo Chicken Salad
with a Dinner Roll

Cheesy Pizza

Featured Veggies:

Oven Fries
Cherry Tomatoes
Choice of Fruit
Choice of Milk

23

Fruit & Yogurt Parfait
with Grahams & Cheesestick

Toasted Cheese
Sandwich

Featured Veggies:

Tomato Soup
Veggies & Dip
Choice of Fruit
Choice of Milk

24

Chicken Nuggets
with a Dinner Roll

Turkey & Cheese
Sandwich

Featured Veggies:

Potato Smiles
Steamed Vegetables
Choice of Fruit
Choice of Milk

Apple Crunch Day!

Penne Pasta & Meatballs
Garlic Bread Stick

Baked Pepperoni & Cheese
Panini Sandwich

Featured Veggies:

Romaine Salad
Cherry Tomatoes
Choice of Fruit
Choice of Milk

26

Taco Salad
with Tortilla Chips & Salsa

Cheeseburger
On a Bun

Featured Veggies:

Steamed Corn
Tomato, Lettuce & Pickles
Choice of Fruit
Choice of Milk

27

Hot Dog
On a Bun

Stuffed Crust Pizza

Featured Veggies:

Baked Beans
Curly Fries
Choice of Fruit
Choice of Milk

30

Chicken Patty
Sandwich

Meatball & Cheese
On a Roll

Featured Veggies:

Broccoli & Cheese
Hummus & Chips
Choice of Fruit
Choice of Milk

31

Frightening French Toast
with Scary Sausage

Haunted Ham & Cheese
Sandwich

Featured Veggies:

Triangle Potato Treats
Frozen Juice Bar Treat
Choice of Fruit
Choice of Milk



Happy Halloween