

# FEBRUARY 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



**BUILD YOUR OWN PIZZA LUNCH KIT**  
(Flat bread, Sauce, Cheese & Pepperoni)

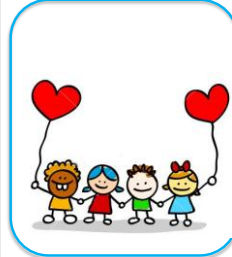


Lunch Prices  
Student \$2.00  
Reduced \$.40  
Adult \$3.50

Director of Dining Services  
**Christine Bruno**  
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[cbruno@shenango.k12.pa.us](mailto:cbruno@shenango.k12.pa.us)

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### Monday



5

Chicken Patty Sandwich

Mini Corn Dogs

#### Featured Veggies:

Oven Fries  
Baked Beans  
Choice of Fruit  
Choice of Milk

### Tuesday



6

Chicken Nuggets with a Dinner Roll

Hot Ham & Cheese on a Pretzel Roll

#### Featured Veggies:

Potato Smiles  
Steamed Broccoli  
Choice of Fruit  
Choice of Milk

### Wednesday



7

Penne Pasta & Meatballs  
Garlic Bread Stick

Toasted Cheese Sandwich

#### Featured Veggies:

Italian Salad  
Baby Carrots  
Choice of Fruit  
Choice of Milk

### Thursday

1

Chicken Tenders with a Dinner Roll

BBQ Pulled Pork Sandwich

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

### Friday

2

Meatball & Cheese Sub Sandwich

Pepperoni Pizza

**Featured Veggies:**  
Potato Wedges  
Italian Salad  
Choice of Fruit  
Choice of Milk

12

Nachos Grande  
Tortilla Chips

Hot Dog on a Bun

#### Featured Veggies:

Steamed Corn  
Lettuce & Salsa  
Choice of Fruit  
Choice of Milk

13

Chicken Tenders with a Dinner Roll

Sloppy Joe Sandwich

#### Featured Veggies:

Mashed Potatoes  
Steamed Peas  
Choice of Fruit  
Choice of Milk

14

Macaroni & Cheese with a Dinner Roll

Fruit & Yogurt Parfait w/Grahams & Cheesestick

#### Featured Veggies:

Green Beans, Coleslaw  
**Valentine Treat**  
Choice of Fruit  
Choice of Milk

15

Pepperoni Pizza

Fajita Chicken Salad with a Dinner Roll

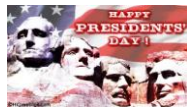
#### Featured Veggies:

Curly Fries  
Hummus & Chips  
Choice of Fruit  
Choice of Milk

16



19



No School

20

Popcorn Chicken with a Dinner Roll  
Cheese Sticks with Sauce

#### Featured Veggies:

Potato Smiles  
Baked Beans  
Choice of Fruit  
Choice of Milk

21

Penne Pasta & Meatballs  
Garlic Bread Stick

Cowboy Burger (BBQ, Onion Rings & Cheese)

#### Featured Veggies:

Spinach Salad  
Baby Carrots  
Choice of Fruit  
Choice of Milk

22

Pancake & Sausage on a Stick

Beef & Cheese Soft Taco

#### Featured Veggies:

Tater Tots  
Lettuce & Tomato  
Choice of Fruit  
Choice of Milk

23

Toasted Cheese Sandwich

Cheesy Pizza

#### Featured Veggies:

Tomato Soup  
Potato Wedges  
Choice of Fruit  
Choice of Milk

26

General Tso Chicken over Rice

Corn Dog

#### Featured Veggies:

Steamed Broccoli  
Hummus & Chips  
Choice of Fruit  
Choice of Milk

27

Waffles & Sausage with Syrup

Chicken Patty Sandwich

#### Featured Veggies:

Triangle Potatoes  
Baby Carrots  
Choice of Fruit  
Choice of Milk

28

Nachos Grande  
Tortilla Chips

Fruit & Yogurt Parfait w/Grahams & Cheesestick

#### Featured Veggies:

Steamed Corn  
Lettuce & Salsa  
Choice of Fruit  
Choice of Milk

1

Chicken Nuggets with a Dinner Roll

BBQ Rib Sandwich

#### Featured Veggies:

Mashed Potatoes  
Steamed Vegetables  
Choice of Fruit  
Choice of Milk

2

**Dr. Seuss's Birthday!**  
Popcorn Shrimp with a Roll



Stuffed Crust Pizza

#### Featured Veggies:

Mini Pierogies & Green Beans  
**BirthDay Treat!**  
Choice of Fruit  
Choice of Milk