

**APRIL
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
724.658.0282
cbruno@shenango.k12.pa.us

USDA is an equal opportunity provider and employer.

Monday



9

Cheeseburger
On a Bun

Hot Dog
on a Bun

Featured Veggies:

Oven Fries
Baked Beans
Choice of Fruit
Choice of Milk

16

Meatball & Cheese
Sandwich

Pancake & Sausage
on a Stick

Featured Veggies:

Tater Tots
Baby Carrots
Choice of Fruit
Choice of Milk

23

Popcorn Chicken
with a Dinner Roll

Sloppy Joe
Sandwich

Featured Veggies:

Potato Smiles
Steamed Broccoli
Choice of Fruit
Choice of Milk

30

General Tso Chicken
over Brown Rice

Hot Dog
On a Roll

Featured Veggies:

Steamed Broccoli
Hummus & Chips
Choice of Fruit
Choice of Milk

Tuesday

3

Chicken Patty
Sandwich

Mini Corn Dogs

Featured Veggies:

Oven Fries
Baby Carrots
Choice of Fruit
Choice of Milk

10

Chicken Fries
with a Dinner Roll

American Deli Sub

Featured Veggies:

Potato Smiles
Cheesy Broccoli
Choice of Fruit
Choice of Milk

17

Popcorn Shrimp
with a Dinner Roll

Chicken Patty
Sandwich

Featured Veggies:

Mini Pierogies
Green Beans
Choice of Fruit
Choice of Milk

24

Beef & Cheese Soft Taco

Cheesesticks with Sauce

Featured Veggies:

Steamed Corn
Lettuce & Tomato
Choice of Fruit
Choice of Milk

1

Cheeseburger
on a Bun

Fish Nuggets
with a Dinner Roll

Featured Veggies:

Curly Fries
Coleslaw
Choice of Fruit
Choice of Milk

Wednesday

4

Toasted Cheese
Sandwich

Taco Salad
with Tortilla Chips

Featured Veggies:

Steamed Corn
Cherry Tomatoes
Choice of Fruit
Choice of Milk

11

Penne Pasta & Meatballs
Garlic Bread Stick

Chicken Parmesan
Sandwich

Featured Veggies:

Italian Salad
Baby Carrots
Choice of Fruit
Choice of Milk

18

Nachos Grande
Tortilla Chips

Mini Corn Dogs

Featured Veggies:

Steamed Corn
Lettuce & Salsa
Choice of Fruit
Choice of Milk

25

Penne Pasta & Meatballs
Garlic Bread Stick

BBQ Chicken Flatbread

Featured Veggies:

Garden Salad
Baby Carrots
Choice of Fruit
Choice of Milk

2

Nachos Grande
Tortilla Chips

Fruit & Yogurt Parfait
w/Grahams & Cheesestick

Featured Veggies:

Steamed Corn
Lettuce & Salsa
Choice of Fruit
Choice of Milk

Thursday

5

Chicken Nuggets
with a Dinner Roll

BBQ Rib
Sandwich

Featured Veggies:

Mashed Potatoes
Green Beans
Choice of Fruit
Choice of Milk

12

French Toast Sticks
with Sausage

Chicken & Cheese
Soft Taco

Featured Veggies:

Hash Browns
Cucumber Slices
Choice of Fruit
Choice of Milk

19

Chicken Tenders
with a Dinner Roll

Hot Ham & Cheese
on a Pretzel Roll

Featured Veggies:

Mashed Potatoes
Steamed Vegetables
Choice of Fruit
Choice of Milk

26

Waffles & Sausage
with Syrup

Turkey & Cheese
Wrap

Featured Veggies:

Triangle Potatoes
Cherry Tomatoes
Choice of Fruit
Choice of Milk

3

Chicken Nuggets
with a Dinner Roll

BBQ Rib
Sandwich

Featured Veggies:

Mashed Potatoes
Steamed Vegetables
Choice of Fruit
Choice of Milk

Friday

6

Macaroni & Cheese
with a Dinner Roll

Pepperoni Pizza

Featured Veggies:

Steamed Vegetables
Hummus & Chips
Choice of Fruit
Choice of Milk

13

Fruit & Yogurt Parfait
w/Grahams & Cheesestick

Cheesy Pizza

Featured Veggies:

Garden Salad
Cherry Tomatoes
Choice of Fruit
Choice of Milk

20

Grilled Chicken Salad
with a Dinner Roll

Stuffed Crust Pizza

Featured Veggies:

Curly Fries
Hummus & Chips
Choice of Fruit
Choice of Milk

27

Toasted Cheese
Sandwich

Cheesy Pizza

Featured Veggies:

Oven Fries
Baked Beans
Choice of Fruit
Choice of Milk

4

Ham, Egg & Cheese
Croissant

Pepperoni Pizza

Featured Veggies:

Triangle Potatoes
Veggies & Dip
Choice of Fruit
Choice of Milk