

**MARCH
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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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>4 Chicken Tenders with a Dinner Roll Hot Ham & Cheese on a Pretzel Roll Featured Veggies: Potato Smiles Baked Beans Choice of Fruit Choice of Milk</p>	<p>National Nutrition Month!</p> <p>5 Chicken Stir Fry Over Rice Toasted Cheese Sandwich Featured Veggies: Garden Rice Broccoli Choice of Fruit Choice of Milk</p>	 <p>6 Penne Pasta & Meatballs Garlic Bread Stick Hot Dog on a Bun Featured Veggies: Italian Salad Baby Carrots Choice of Fruit Choice of Milk</p>	<p>1 Chicken Nuggets with a Dinner Roll BBQ Rib Sandwich Featured Veggies: Mashed Potatoes Steamed Vegetables Choice of Fruit Choice of Milk</p>	<p>2 <i>Dr Seuss's Birthday!</i> Popcorn Shrimp with a Roll Stuffed Crust Pizza Featured Veggies: Mini Pierogies & Green Beans <i>Birthday Treat!</i> Choice of Fruit Choice of Milk</p>
<p>5 Cheeseburger On a Bun Pancake & Sausage on a Stick Featured Veggies: Tater Tots Baby Carrots Choice of Fruit Choice of Milk</p>	<p>6 Nachos Grande Tortilla Chips Mini Corn Dogs Featured Veggies: Steamed Corn Lettuce & Salsa Choice of Fruit Choice of Milk</p>	<p>7 Go for the Greens Day! Chicken Nuggets w/Roll Green Eggs & Ham Croissant Potato Wedges Assorted Green Veggies Assorted Green Fruits Choice of Fruit Choice of Milk</p>	<p>8 French Toast Sticks with Sausage Turkey & Cheese Wrap Featured Veggies: Hash Browns Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>9 Fish Nuggets with a Dinner Roll Cheesy Pizza Featured Veggies: Garden Salad Cherry Tomatoes Choice of Fruit Choice of Milk</p>
<p>12 Popcorn Chicken with a Dinner Roll Beef & Cheese Soft Taco Featured Veggies: Potato Smiles Steamed Broccoli Choice of Fruit Choice of Milk</p>	<p>13 Chicken Patty Sandwich Cheesesticks with Sauce Featured Veggies: Steamed Corn Baked Beans Choice of Fruit Choice of Milk</p>	<p>14 Penne Pasta & Meatballs Garlic Bread Stick BBQ Chicken Flatbread Featured Veggies: Garden Salad Baby Carrots Choice of Fruit Choice of Milk</p>	<p>15 Meatball & Cheese Sandwich Grilled Chicken Salad with a Dinner Roll Featured Veggies: Curly Fries Hummus & Chips Choice of Fruit Choice of Milk</p>	<p>16 Macaroni & Cheese with a Dinner Roll Stuffed Crust Pizza Featured Veggies: Steamed Vegetables Cherry Tomatoes Choice of Fruit Choice of Milk</p>
<p>19 Chicken Patty Sandwich Cheesesticks with Sauce Featured Veggies: Steamed Corn Baked Beans Choice of Fruit Choice of Milk</p>	<p>20 Penne Pasta & Meatballs Garlic Bread Stick BBQ Chicken Flatbread Featured Veggies: Triangle Potatoes Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>21 Waffles & Sausage with Syrup Sloppy Joe Sandwich Featured Veggies: Tater Tots Choice of Fruit Choice of Milk</p>	<p>22 Toasted Cheese Sandwich Cheesy Pizza Featured Veggies: Green Beans Oven Fries Choice of Fruit Choice of Milk</p>	<p>23 General Tso Chicken w/Roll Hot Dog On a Roll Featured Veggies: Steamed Broccoli Hummus & Chips Choice of Fruit Choice of Milk</p>
<p>26 Lucky Tray Day! General Tso Chicken w/Roll Hot Dog On a Roll Featured Veggies: Steamed Broccoli Hummus & Chips Choice of Fruit Choice of Milk</p>	<p>27 Chicken Nuggets with a Dinner Roll Ham & Cheese Sandwich Featured Veggies: Mashed Potatoes Steamed Vegetables Choice of Fruit Choice of Milk</p>	<p>28 Nachos Grande Tortilla Chips Fruit & Yogurt Parfait w/Grahams & Cheesestick Featured Veggies: Steamed Corn Lettuce & Salsa Choice of Fruit Choice of Milk</p>	<p>29 Pepperoni Pizza Cheeseburger on a Bun Featured Veggies: Garden Salad Tater Tots Choice of Fruit Choice of Milk</p>	<p>30 No School</p>