

**MAY/JUNE
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
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USDA is an equal opportunity provider and employer.

Monday



Tuesday

1

Cheeseburger on a Bun

Fish Nuggets with a Dinner Roll

Featured Veggies:

Curly Fries
Coleslaw
Choice of Fruit
Choice of Milk

Wednesday

2

Nachos Grande Tortilla Chips

Fruit & Yogurt Parfait w/Grahams & Cheesestick

Featured Veggies:

Steamed Corn
Lettuce & Salsa
Choice of Fruit
Choice of Milk

Thursday

3

Chicken Nuggets with a Dinner Roll

BBQ Rib Sandwich

Featured Veggies:

Mashed Potatoes
Steamed Vegetables
Choice of Fruit
Choice of Milk

Friday

4

Ham, Egg & Cheese Croissant

Pepperoni Pizza

Featured Veggies:

Triangle Potatoes
Veggies & Dip
Choice of Fruit
Choice of Milk

7

Toasted Cheese Sandwich

Chicken Patty Sandwich

Featured Veggies:

Tomato Soup
Steamed Vegetables
Choice of Fruit
Choice of Milk

8

Chicken Fries with a Dinner Roll

Turkey & Cheese Sandwich

Featured Veggies:

Potato Smiles
Cheesy Broccoli
Choice of Fruit
Choice of Milk

9

Penne Pasta & Meatballs
Garlic Bread Stick

American Deli Sub

Featured Veggies:

Italian Salad
Baby Carrots
Choice of Fruit
Choice of Milk

10

French Toast Sticks with Sausage

Chicken & Cheese Soft Taco

Featured Veggies:

Hash Browns
Cucumber Slices
Choice of Fruit
Choice of Milk

11

Hot Dog on a Bun

Cheesy Pizza

Featured Veggies:

Oven Potatoes
Baked Beans
Choice of Fruit
Choice of Milk

14

General Tso Chicken over Brown Rice

Pancake & Sausage Stick

Featured Veggies:

Steamed Broccoli
Baby Carrots
Choice of Fruit
Choice of Milk

15

Macaroni & Cheese with a Dinner Roll

Popcorn Shrimp with a Dinner Roll

Featured Veggies:

Steamed Vegetables
Cherry Tomatoes
Choice of Fruit
Choice of Milk

16

Nachos Grande Tortilla Chips

Mini Corn Dogs

Featured Veggies:

Steamed Corn
Lettuce & Salsa
Choice of Fruit
Choice of Milk

17

Chicken Tenders with a Dinner Roll

Stuffed Crust Pizza

Featured Veggies:

Oven Potatoes
Steamed Vegetables
Choice of Fruit
Choice of Milk

18



No School

21

Popcorn Chicken with a Dinner Roll

Sloppy Joe Sandwich

Featured Veggies:

Potato Smiles
Steamed Vegetables
Choice of Fruit
Choice of Milk

22

Waffles & Sausage with Syrup

Turkey & Cheese Wrap

Featured Veggies:

Triangle Potatoes
Lettuce & Pickles
Choice of Fruit
Choice of Milk

23

Penne Pasta & Meatballs
Garlic Bread Stick

Fruit & Yogurt Parfait w/Grahams & Cheesestick

Featured Veggies:

Garden Salad
Baby Carrots
Choice of Fruit
Choice of Milk

24

Chicken Patty Sandwich

Hot Dog on a Bun

Featured Veggies:

Steamed Corn
Cherry Tomatoes
Choice of Fruit
Choice of Milk

25

Toasted Cheese Sandwich

Cheesy Pizza

Featured Veggies:

Oven Fries
Baked Beans
Choice of Fruit
Choice of Milk

28



No School

29

Chicken Fries with a Dinner Roll

Ham & Cheese Sandwich

Featured Veggies:

Triangle Potatoes
Steamed Vegetables
Choice of Fruit
Choice of Milk

30

PTO PICNIC
Grilled Burgers & Hot Dogs

Baked Beans
Veggie Pasta Salad

Featured Veggies:

Watermelon
Lemonade
Frozen Fruit Juice Bar

31

Taco Salad with Tortilla Chips

Mini Corn Dogs

Featured Veggies:

Curly Fries
Steamed Corn
Choice of Fruit
Choice of Milk

1

Variety Pizza



Featured Veggies:

Assorted Vegetables
Assorted Fruit
Choice of Milk