

AUGUST 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



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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www.pavschoools.com For Online Cafeteria Payments

USDA is an equal opportunity provider and employer.

Monday



27

Chicken Tenders
with a Dinner Roll

American Deli Sub

Featured Veggies:

Potato Smiles
Green Beans
Choice of Fruit
Choice of Milk

Tuesday

21

Chicken Nuggets
with a Dinner Roll

Hot Ham & Cheese
Sandwich

Featured Veggies:

Curly Fries
Baby Carrots
Choice of Fruit
Choice of Milk

28

Toasted Cheese
Sandwich

Chicken Soft Taco
On a Soft Tortilla

Featured Veggies:

Triangle Potatoes
Lettuce & Salsa
Choice of Fruit
Choice of Milk

Wednesday

22

Cheeseburger
On a Bun

Turkey & Cheese
On a Pretzel Roll

Featured Veggies:

Tater Tots
Lettuce & Tomato
Choice of Fruit
Choice of Milk

29

Penne Pasta & Meatballs
Garlic Bread Stick

Sausage, Egg & Cheese
On a Croissant

Featured Veggies:

Italian Salad
Cherry Tomatoes
Choice of Fruit
Choice of Milk

Thursday

23

Hot Dog
On a Bun

Chicken Patty
Sandwich

Featured Veggies:

Baked Beans
Cheesy Broccoli
Choice of Fruit
Choice of Milk

30

Mini Corn Dogs

Stuffed Crust Pizza

Featured Veggies:

Oven Fries
Hummus & Chips
Choice of Fruit
Choice of Milk

Friday

24

Taco Salad
Tortilla Chips

Cheesy Pizza

Featured Veggies:

Steamed Corn
Veggies & Dip
Choice of Fruit
Choice of Milk

