

SEPTEMBER 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 & 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

www.payschoolscentral.com For online cafeteria payments
USDA is an equal opportunity provider and employer.

Monday

Happy Labor Day!



Tuesday

4

Hot Dog
on a Bun

Cheeseburger

Featured Veggies:

Baked Beans
Oven Fries
Choice of Fruit
Choice of Milk

Wednesday

5

Nachos Grande
Tortilla Chips

Cheese Quesadilla

Featured Veggies:

Steamed Corn
Lettuce & Salsa
Choice of Fruit
Choice of Milk

Thursday

6

Popcorn Chicken
with a Dinner Roll

BBQ Pulled Pork
Sandwich

Featured Veggies:

Tater Tots
Mixed Vegetables
Choice of Fruit
Choice of Milk

Friday

7

Meatball Sub
Sandwich

Pepperoni Pizza

Featured Veggies:

Garden Salad
Baby Carrots
Choice of Fruit
Choice of Milk

10

Chicken Nuggets
with a Dinner Roll

Italian Wrap
on a Soft Tortilla

Featured Veggies:

Mashed Potatoes
Steamed Corn
Choice of Fruit
Choice of Milk

11

Beef & Cheese Taco
On a Soft Tortilla

Fajita Chicken Salad
with a Dinner Roll

Featured Veggies:

Curly Fries
Lettuce & Salsa
Choice of Fruit
Choice of Milk

12

Penne Pasta & Meatballs
Garlic Bread Stick

Fruit & Yogurt Parfait
Grahams & Cheesestick

Featured Veggies:

Italian Salad
Cherry Tomatoes
Choice of Fruit
Choice of Milk

13

French Toast Sticks
with Sausage

Ham, Egg & Cheese
Croissant

Featured Veggies:

Hash Browns
Baby Carrots
Choice of Fruit
Choice of Milk

14

Toasted Cheese
Sandwich

Cheesy Pizza

Featured Veggies:

Baby Broccolini
Hummus & Chips
Choice of Fruit
Choice of Milk

17

Cheeseburger
on a Bun

Cheese Sticks with Sauce

Featured Veggies:

Garden Salad
Pepper Strips
Choice of Fruit
Choice of Milk

18

Lucky Tray Day!
Chicken Fries w/Dinner Roll

Sloppy Joe
Sandwich

Featured Veggies:

Tater Tots
Steamed Peas
Choice of Fruit
Choice of Milk

19

Macaroni & Cheese
with a Dinner Roll

Taco Salad
with Tortilla Chips

Featured Veggies:

Green Beans
Cherry Tomatoes
Choice of Fruit
Choice of Milk

20

BBQ Chicken & Cheese
Flat Bread

Mini Corn Dogs

Featured Veggies:

Baked Beans
Oven Fries
Choice of Fruit
Choice of Milk

21

Chicken Patty
On a Bun

Cheesy Pizza

Featured Veggies:

Steamed Corn
Baby Carrots
Choice of Fruit
Choice of Milk

24

General Tso Chicken
over Rice

Hot Dog
On a Bun

Featured Veggies:

Steamed Broccoli
Hummus & Chips
Choice of Fruit
Choice of Milk

25

Cheeseburger
On a Bun

Fish Nuggets
with a Dinner Roll

Featured Veggies:

Curly Fries
Coleslaw
Choice of Fruit
Choice of Milk

26

Nachos Grande
Tortilla Chips

Fruit & Yogurt Parfait
w/Grahams & Cheesestick

Featured Veggies:

Steamed Corn
Lettuce & Salsa
Choice of Fruit
Choice of Milk

27

Chicken Nuggets
with a Dinner Roll

BBQ Rib
Sandwich

Featured Veggies:

Mashed Potatoes
Green Beans
Choice of Fruit
Choice of Milk

28

Ham, Egg & Cheese
Croissant

Pepperoni Pizza

Featured Veggies:

Triangle Potatoes
Veggies & Dip
Choice of Fruit
Choice of Milk



*Try our
Nutritious
Friend
of the
Month!*

