

# OCTOBER 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**  
724.658.5537 x 3400  
[cbruno@shenango.k12.pa.us](mailto:cbruno@shenango.k12.pa.us)

[www.payschoolscentral.com](http://www.payschoolscentral.com) For online cafeteria payments

USDA is an equal opportunity provider and employer.

Menu Subject to Change

### Monday

1

Popcorn Chicken  
with a Dinner Roll

Cheese Sticks  
with Sauce

**Featured Veggies:**

Curly Fries  
Baked Beans  
Choice of Fruit  
Choice of Milk

### Tuesday

2

Corn Dog

Chicken Patty  
Sandwich

**Featured Veggies:**

Triangle Potatoes  
Steamed Carrots  
Choice of Fruit  
Choice of Milk

### Wednesday

3

Penne Pasta & Meatballs  
Garlic Bread Stick

Cheeseburger

**Featured Veggies:**

Italian Salad  
Cherry Tomatoes  
Choice of Fruit  
Choice of Milk

### Thursday

4

Cheesy Pizza

Popcorn Shrimp  
with a Dinner Roll

**Featured Veggies:**

Pierogies  
Green Beans  
Choice of Fruit  
Choice of Milk

### Friday

5



No School

8



No School

9

Meatball Sub  
Sandwich

Toasted Cheese  
Sandwich

**Featured Veggies:**

Tater Tots  
Baby Carrots  
Choice of Fruit  
Choice of Milk

10

Nachos Grande  
Tortilla Chips

Fruit & Yogurt Parfait  
Grahams & Cheesestick

**Featured Veggies:**

Steamed Corn  
Lettuce & Salsa  
Choice of Fruit  
Choice of Milk

11

Macaroni & Cheese  
with a Dinner Roll

Hot Dog  
On a Bun

**Featured Veggies:**

Mixed Vegetables  
Coleslaw  
Choice of Fruit  
Choice of Milk

12

Chicken Fries  
with a Dinner Roll

Cheesy Pizza

**Featured Veggies:**

Oven Fries  
Baked Beans  
Choice of Fruit  
Choice of Milk

15

Personal Pan Pizza

Mini Dogs

**Featured Veggies:**

Oven Potatoes  
Hummus & Chips  
Choice of Fruit  
Choice of Milk

16

**Lucky Tray Day!**  
Chicken Tenders w/ Roll

Sloppy Joe  
Sandwich

**Featured Veggies:**

Curly Fries  
Mixed Vegetables  
Choice of Fruit  
Choice of Milk

17

Penne Pasta & Meatballs  
Garlic Bread Stick

Cowboy Burger  
(Onion Rings, Cheese & BBQ)

**Featured Veggies:**

Garden Salad  
Cherry Tomatoes  
Choice of Fruit  
Choice of Milk

18

French Toast Sticks  
with Sausage

Pancake & Sausage Stick

**Featured Veggies:**

Triangle Potatoes  
Baby Carrots  
Choice of Fruit  
Choice of Milk

19

Chicken Patty  
On a Bun

Stuffed Crust Pizza

**Featured Veggies:**

Steamed Corn  
Lettuce & Tomato  
Choice of Fruit  
Choice of Milk

22

General Tso Chicken  
over Rice

Hot Dog  
On a Bun

**Featured Veggies:**

Steamed Broccoli  
Hummus & Chips  
Choice of Fruit  
Choice of Milk

23

Hamburger on a Bun  
w/ Lettuce & Tomato

Fish Nuggets  
with a Dinner Roll

**Featured Veggies:**

Curly Fries  
Coleslaw  
Choice of Fruit  
Choice of Milk

APPLE CRUNCH DAY!

Nachos Grande  
Tortilla Chips

Turkey & Cheese  
Wrap

**Featured Veggies:**

Steamed Corn  
Lettuce & Salsa  
Choice of Fruit  
Choice of Milk

25

Chicken Nuggets  
with a Dinner Roll

BBQ Rib  
Sandwich

**Featured Veggies:**

Mashed Potatoes  
Peas & Carrots  
Choice of Fruit  
Choice of Milk

26

Pierogie Meal

Cheese Pizza

**Featured Veggies:**

Green Beans  
Baby Carrots  
Choice of Fruit  
Choice of Milk

29

Popcorn Chicken  
with a Dinner Roll

American Deli Sub  
Sandwich

**Featured Veggies:**

Mashed Potatoes  
Steamed Peas  
Choice of Fruit  
Choice of Milk

30

Crunchy Tacos  
with Chips & Salsa

Cheese Sticks with Sauce

**Featured Veggies:**

Steamed Corn  
Lettuce & Tomato  
Choice of Fruit  
Choice of Milk

31

Petrified Pasta & Meatballs  
Ghoulish Garlic Bread Stick

Terrified Toasted Cheese  
Sandwich

**Featured Veggies:**

Spooky Salad  
Creepy Cookie  
Choice of Fruit & Milk

9/15-9/19

Celebrate  
National School

Lunch Week!



*Try our  
Nutritious*

*Friend  
of the  
Month!*

