

# NOVEMBER 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**  
724.657.8524  
[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	Tuesday	Wednesday	Thursday	Friday
			<p><b>1</b></p> <p>Mini Corn Dogs</p> <p>Popcorn Shrimp with a Dinner Roll</p> <p><b>Featured Veggies:</b> Curly Fries Green Beans Choice of Fruit Choice of Milk</p>	<p><b>2</b></p> <p>Chicken Patty Sandwich</p> <p>Pepperoni Pizza</p> <p><b>Featured Veggies:</b> Tater Tots Hummus &amp; Chips Choice of Fruit Choice of Milk</p>
<p><b>5</b></p> <p>Baked Chicken with a Dinner Roll</p> <p>Cheeseburger on a Bun</p> <p><b>Featured Veggies:</b> Mashed Potatoes Steamed Peas &amp; Carrots Choice of Fruit Choice of Milk</p>	<p><b>6</b></p> <p>Meatball Sub Sandwich</p> <p>Toasted Cheese Sandwich</p> <p><b>Featured Veggies:</b> Italian Salad Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>7</b></p> <p>Nachos Grande Tortilla Chips</p> <p>Fruit &amp; Yogurt Parfait Grahams &amp; Cheesestick</p> <p><b>Featured Veggies:</b> Steamed Corn Lettuce &amp; Salsa Choice of Fruit Choice of Milk</p>	<p><b>8</b></p> <p>Chicken Nuggets with a Dinner Roll</p> <p>Hot Ham &amp; Cheese On a Pretzel Roll</p> <p><b>Featured Veggies:</b> Tater Tots Mixed Vegetables Choice of Fruit Choice of Milk</p>	<p><b>9</b></p> <p>Hot Dog On a Bun</p> <p>Cheesy Pizza</p> <p><b>Featured Veggies:</b> Oven Fries Baked Beans Choice of Fruit Choice of Milk</p>
<p><b>12</b></p> <p>Chicken Fries with a Dinner Roll</p> <p>BBQ Rib Sandwich</p> <p><b>Featured Veggies:</b> Pierogies Green Beans Choice of Fruit Choice of Milk</p>	<p><b>13</b></p> <p>French Toast Sticks with Sausage</p> <p>Pancake &amp; Sausage Stick</p> <p><b>Featured Veggies:</b> Triangle Potatoes Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>14</b></p> <p><b>Thanksgiving Meal</b> Turkey with Stuffing</p> <p>Mashed Potatoes Steamed Corn Cranberry Sauce Dessert</p> <p>Choice of Fruit Choice of Milk</p>	<p><b>15</b></p> <p>Toasted Cheese Sandwich</p> <p>American Deli Sub</p> <p><b>Featured Veggies:</b> Tomato Soup Potato Smiles Choice of Fruit Choice of Milk</p>	<p><b>16</b></p> <p>Grilled Chicken Sandwich</p> <p>Stuffed Crust Pizza</p> <p><b>Featured Veggies:</b> Oven Fries Garden Salad Choice of Fruit Choice of Milk</p>
<p><b>19</b></p> <p>General Tso Chicken over Rice</p> <p>Hot Dog On a Bun</p> <p><b>Featured Veggies:</b> Steamed Broccoli Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p><b>20</b></p> <p><b>Lucky Tray Day!</b> Taco Salad</p> <p>Cheesy Pizza</p> <p><b>Featured Veggies:</b> Steamed Corn Veggies &amp; Dip Choice of Fruit Choice of Milk</p>	<p><b>21</b></p>	<p><b>22</b></p> <p><b>HAPPY</b></p> <p><b>THANKSGIVING</b></p>	<p><b>23</b></p>
<p><b>26</b></p>	<p><b>27</b></p> <p>Personal Pan Pizza</p> <p>Chicken Patty Sandwich</p> <p><b>Featured Veggies:</b> Steamed Corn Lettuce &amp; Tomato Choice of Fruit Choice of Milk</p>	<p><b>28</b></p> <p>Penne Pasta &amp; Meatballs Garlic Bread Stick</p> <p>Toasted Cheese Sandwich</p> <p><b>Featured Veggies:</b> Italian Salad Hummus &amp; Chips Choice of Fruit Choice of Milk</p>	<p><b>29</b></p> <p>Chicken Nuggets with a Dinner Roll</p> <p>Cheeseburger on a Bun</p> <p><b>Featured Veggies:</b> Mashed Potatoes Steamed Vegetables Choice of Fruit Choice of Milk</p>	<p><b>30</b></p> <p>Mini Corn Dogs</p> <p>Pepperoni Pizza</p> <p><b>Featured Veggies:</b> Potato Smiles Celery &amp; Carrot Sticks Choice of Fruit Choice of Milk</p>