

# DECEMBER 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**  
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[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>3</b></p> <p>Cheese Sticks with Sauce</p> <p>Hot Dog on a Bun</p> <p><b>Featured Veggies:</b><br/>Italian Salad<br/>Baby Carrots<br/>Choice of Fruit<br/>Choice of Milk</p>  | <p><b>4</b></p> <p>Chicken Tenders with a Dinner Roll</p> <p>Cheeseburger on a Bun</p> <p><b>Featured Veggies:</b><br/>Triangle Potatoes<br/>Green Beans<br/>Choice of Fruit<br/>Choice of Milk</p>       | <p><b>5</b></p> <p>Nachos Grande<br/>Tortilla Chips</p> <p>Ham, Egg &amp; Cheese Croissant</p> <p><b>Featured Veggies:</b><br/>Steamed Corn<br/>Lettuce &amp; Salsa<br/>Choice of Fruit<br/>Choice of Milk</p>                          | <p><b>6</b></p> <p>Macaroni &amp; Cheese with a Dinner Roll</p> <p>Popcorn Shrimp with a Dinner Roll</p> <p><b>Featured Veggies:</b><br/>Mixed Vegetables<br/>Coleslaw<br/>Choice of Fruit<br/>Choice of Milk</p> | <p><b>7</b></p> <p>Meatball &amp; Cheese Sub Sandwich</p> <p>Cheesy Pizza</p> <p><b>Featured Veggies:</b><br/>Oven Fries<br/>Hummus &amp; Chips<br/>Choice of Fruit<br/>Choice of Milk</p> |
| <p><b>10</b></p> <p>Chicken Fries with a Dinner Roll</p> <p>Italian Baked Chicken with a Dinner Roll</p> <p><b>Featured Veggies:</b><br/>Mashed Potatoes<br/>Steamed Vegetables<br/>Choice of Fruit<br/>Choice of Milk</p> | <p><b>11</b></p> <p>Toasted Cheese Sandwich</p> <p>Sloppy Joe On a Bun</p> <p><b>Featured Veggies:</b><br/>Tater Tots<br/>Tomato Soup<br/>Choice of Fruit<br/>Choice of Milk</p>                          | <p><b>12</b></p> <p>Penne Pasta &amp; Meatballs<br/>Garlic Bread Stick</p> <p>American Deli Sub</p> <p><b>Featured Veggies:</b><br/>Garden Salad<br/>Cucumber Slices<br/>Choice of Fruit<br/>Choice of Milk</p>                         | <p><b>13</b></p> <p>Mini Corn Dogs</p> <p>Beef &amp; Cheese Taco On a Soft Tortilla</p> <p><b>Featured Veggies:</b><br/>Potato Smiles<br/>Baked Beans<br/>Choice of Fruit<br/>Choice of Milk</p>                  | <p><b>14</b></p> <p>Chicken Patty Sandwich</p> <p>Stuffed Crust Pizza</p> <p><b>Featured Veggies:</b><br/>Steamed Corn<br/>Veggies &amp; Dip<br/>Choice of Fruit<br/>Choice of Milk</p>    |
| <p><b>17</b></p> <p>General Tso Chicken over Rice</p> <p>Hot Dog On a Bun</p> <p><b>Featured Veggies:</b><br/>Steamed Broccoli<br/>Hummus &amp; Chips<br/>Choice of Fruit<br/>Choice of Milk</p>                           | <p><b>18</b></p> <p>French Toast Sticks w/Sausage</p> <p>Pancake &amp; Sausage Stick</p> <p><b>Featured Veggies:</b><br/>Triangle Potatoes<br/>Cucumber Slices<br/>Choice of Fruit<br/>Choice of Milk</p> | <p><b>19</b></p> <p>Nachos Grande<br/>Tortilla Chips</p> <p>Fruit &amp; Yogurt Parfait w/ Grahams &amp; Cheesestick</p> <p><b>Featured Veggies:</b><br/>Steamed Corn<br/>Lettuce &amp; Salsa<br/>Choice of Fruit<br/>Choice of Milk</p> | <p><b>20</b></p> <p>Chicken Nuggets with a Dinner Roll</p> <p>BBQ Rib Sandwich</p> <p><b>Featured Veggies:</b><br/>Mashed Potatoes<br/>Peas &amp; Carrots<br/>Choice of Fruit<br/>Choice of Milk</p>              | <p><b>21</b></p> <p>Buffalo Chicken Pizza</p> <p>Cheesy Pizza</p> <p><b>Featured Veggies:</b><br/>Oven Fries<br/>Veggies &amp; Dip<br/>Choice of Fruit<br/>Choice of Milk</p>              |

