

JANUARY 2019



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

www.payschoolscentral.com For online cafeteria payments

USDA is an equal opportunity provider and employer.

Menu Subject to Change

Monday



7

Chicken Fries
with a Dinner Roll

Fish Nuggets
with a Dinner Roll

Featured Veggies:
Mashed Potatoes
Green Beans
Choice of Fruit
Choice of Milk

14

Chicken Tenders
with a Dinner Roll

Meatball & Cheese Sub

Featured Veggies:
Potato Smiles
Italian Salad
Choice of Fruit
Choice of Milk

21



No School

28

Toasted Cheese
Sandwich

Sloppy Joe
On a Bun

Featured Veggies:
Potato Wedges
Tomato Soup
Choice of Fruit
Choice of Milk

Tuesday



8

General Tso Chicken
over Rice

Hot Ham & Cheese
Sandwich

Featured Veggies:
Steamed Broccoli
Baby Carrots
Choice of Fruit
Choice of Milk

15

French Toast Sticks
w/Sausage

Pancake & Sausage Stick

Featured Veggies:
Triangle Potatoes
Baby Carrots
Choice of Fruit
Choice of Milk

22

Hot Dog
On a Bun

Chicken Patty
Sandwich

Featured Veggies:
Curly Fries
Baked Beans
Choice of Fruit
Choice of Milk

29

Chicken Nuggets
with a Dinner Roll

Fruit & Yogurt Parfait
w/ Grahams & Cheesestick

Featured Veggies:
Potato Smiles
Steamed Vegetables
Choice of Fruit
Choice of Milk

Wednesday



9

Penne Pasta & Meatballs
Garlic Bread Stick

Italian Wrap

Featured Veggies:
Garden Salad
Cucumber Slices
Choice of Fruit
Choice of Milk

16

Nachos Grande
Tortilla Chips

Fruit & Yogurt Parfait
w/ Grahams & Cheesestick

Featured Veggies:
Steamed Corn
Lettuce & Salsa
Choice of Fruit
Choice of Milk

23

Penne Pasta & Meatballs
Garlic Bread Stick

Cheeseburger
on a Bun

Featured Veggies:
Italian Salad
Lettuce & Tomato
Choice of Fruit
Choice of Milk

30

Nachos Grande
Tortilla Chips

Chicken & Cheese
Soft Taco

Featured Veggies:
Steamed Corn
Lettuce & Salsa
Choice of Fruit
Choice of Milk

Thursday

3

Mini Corn Dogs

Cheeseburger
with Lettuce & Pickles

Featured Veggies:
Curly Fries
Baby Carrots
Choice of Fruit
Choice of Milk

10

Hot Dog
on a Bun

Sausage, Egg & Cheese
On a Croissant

Featured Veggies:
Tater Tots
Baked Beans
Choice of Fruit
Choice of Milk

17

Macaroni & Cheese
with a Dinner Roll

Popcorn Shrimp
with a Dinner Roll

Featured Veggies:
Green Beans
Coleslaw
Choice of Fruit
Choice of Milk

24

Popcorn Chicken
with a Dinner Roll

BBQ Rib
Sandwich

Featured Veggies:
Mashed Potatoes
Steamed Peas
Choice of Fruit
Choice of Milk

31

General Tso Chicken
over Rice

Cheese Sticks w/Sauce

Featured Veggies:
Steamed Broccoli
Hummus & Chips
Choice of Fruit
Choice of Milk

Friday

4

Chicken Patty
Sandwich

Cheesy
Pizza

Featured Veggies:
Steamed Corn
Lettuce & Pickles
Choice of Fruit
Choice of Milk

11

Toasted Cheese
Sandwich

Pepperoni Pizza

Featured Veggies:
Oven Fries
Tomato Soup
Choice of Fruit
Choice of Milk

18

Mini Corn Dogs

Stuffed Crust Pizza

Featured Veggies:
Oven Fries
Veggies & Dip
Choice of Fruit
Choice of Milk

25

Beef & Cheese Taco
On a Soft Tortilla

Cheesy Pizza

Featured Veggies:
Potato Triangles
Lettuce & Salsa
Choice of Fruit
Choice of Milk