

**MARCH
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
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www.payschoolscentral.com For online cafeteria payments

USDA is an equal opportunity provider and employer.

Menu Subject to Change

Monday



Celebrate

4

Taco Salad
with Tortilla Chips

Hot Dog
on a Bun

Featured Veggies:

- Steamed Corn
- Baked Beans
- Choice of Fruit
- Choice of Milk

Tuesday



National

5

Chicken Patty
w/Lettuce & Pickles

Hot Ham & Cheese
Sandwich

Featured Veggies:

- Tater Tots
- Cherry Tomatoes
- Choice of Fruit
- Choice of Milk

Wednesday



Nutrition

6

Macaroni & Cheese
with a Dinner Roll

Popcorn Shrimp
with a Dinner Roll

Featured Veggies:

- Green Beans
- Coleslaw
- Choice of Fruit
- Choice of Milk

Thursday

Month!

7

Chicken Fries
with a Dinner Roll

American Deli Sub
Sandwich

Featured Veggies:

- Mashed Potatoes
- Steamed Carrots
- Choice of Fruit
- Choice of Milk

Friday

1

Cheeseburger
on a Bun

Pepperoni
Pizza

Featured Veggies:

- Potato Wedges
- Veggies & Dip
- Choice of Fruit
- Choice of Milk

8

Fish Nuggets
with a Dinner Roll

Cheesy Pizza

Featured Veggies:

- Curly Fries
- Cheesy Broccoli
- Choice of Fruit
- Choice of Milk

11

Chicken Nuggets
with a Dinner Roll

Beef & Cheese
On a Soft Tortilla

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

12

French Toast Sticks
w/Sausage

Pancake & Sausage Stick

Featured Veggies:

- Triangle Potatoes
- Baby Carrots
- Choice of Fruit
- Choice of Milk

Lucky Tray Day!!

Penne Pasta & Meatballs
Garlic Bread Stick

Green Eggs & Ham
Croissant

Featured Veggies:

- Green Veggies
- Green Fruits
- Go For The Greens Day!!**
- Choice of Milk

14

General Tso Chicken
over Rice

Toasted Cheese
Sandwich

Featured Veggies:

- Steamed Broccoli
- Hummus & Chips
- Choice of Fruit
- Choice of Milk

15

Fruit & Yogurt Parfait
w/ Grahams & Cheesecake

Stuffed Crust Pizza

Featured Veggies:

- Tater Tots
- Steamed Corn
- Choice of Fruit
- Choice of Milk

18



No School

19

Meatball & Cheese Sub

Cheeseburger
On a Bun

Featured Veggies:

- Curly Fries
- Cheesy Broccoli
- Choice of Fruit
- Choice of Milk

20

Nachos Grande
Tortilla Chips

Hot Dog
on a Bun

Featured Veggies:

- Steamed Corn
- Lettuce & Salsa
- Choice of Fruit
- Choice of Milk

21

Chicken Tenders
with a Dinner Roll

Turkey & Cheese
Sandwich

Featured Veggies:

- Mashed Potatoes
- Steamed Peas & Carrots
- Choice of Fruit
- Choice of Milk

22

Cheese Sticks & Sauce

Cheesy Pizza

Featured Veggies:

- Pasta Fagioli
- Italian Salad
- Choice of Fruit
- Choice of Milk

25

Crunchy Tacos
Tortilla Chips

Chicken Patty
Sandwich

Featured Veggies:

- Steamed Corn
- Baked Beans
- Choice of Fruit
- Choice of Milk

26

Chicken Nuggets
with a Dinner Roll

BBQ Rib
Sandwich

Featured Veggies:

- Triangle Potatoes
- Veggies & Dip
- Choice of Fruit
- Choice of Milk

27

Penne Pasta & Meatballs
Garlic Bread Stick

Toasted Cheese
Sandwich

Featured Veggies:

- Spinach Salad
- Cherry Tomatoes
- Choice of Fruit
- Choice of Milk

28

General Tso Chicken
over Rice

Mini Corn Dogs

Featured Veggies:

- Steamed Broccoli
- Hummus & Chips
- Choice of Fruit
- Choice of Milk

29

Personal Pan
Pizza

Pierogie Meal
with a Dinner Roll

Featured Veggies:

- Green Beans
- Coleslaw
- Choice of Fruit
- Choice of Milk