



What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A 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, fat-free white, chocolate and strawberry

**Weekly Vegetable Subgroups
May Include:**

Dark Green - spinach, broccoli, romaine and sweet salad
 Red/Orange - carrots, spring potatoes, tomatoes and red peppers
 Legumes - beans and peas
 Starchy - potatoes, corn, peas & lima beans
 Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

**Daily Fruit Selections
May Include:**

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Leave Your Lunch at Home

Daily entrée options may include:
 Cheese Burger on a Bun
 Chicken Patty on a Bun
 Chicken Nuggets with Pretzel Stick

**Daily Fresh Baked Pizza
Selections:**

Cheese , Pepperoni, Buffalo Chicken, White ,Sausage or Specialty Pizza

UP FOR GRABS

Chicken Caesar Salad with Dinner Roll
 Strawberry Spinach Salad with Dinner Roll
 Chopped Garden Salad with Dinner Roll
 Buffalo Chicken Salad with Dinner Roll



Lunch Prices
 Student \$2.25
 Reduced \$.40
 Adult \$3.50

www.payschoolscentral.com for online cafeteria payments

Director of Dining Services
Christine Bruno
724.657.8524

cbruno@shenango.k12.pa.us

USDA is an equal opportunity provider and employer.

Menu subject to change

Monday



4

Taco Salad
with Tortilla Chips

Hot Dog Bar

Featured Veggies:
 Steamed Corn
 Baked Beans
 Choice of Fruit
 Choice of Milk

Tuesday



5

Chicken Patty
Sandwich

Hot Ham & Cheese
On a Pretzel Roll
Featured Veggies:
 Oven Potatoes
 Lettuce & Tomato
 Choice of Fruit
 Choice of Milk

Wednesday



6

Macaroni & Cheese
with a Dinner Roll

Fish Nuggets & Fries Basket
with a Dinner Roll
Featured Veggies:
 Green Beans
 Coleslaw
 Choice of Fruit
 Choice of Milk

Thursday



7

Chicken Tenders
with a Dinner Roll

BBQ Pulled Pork
Sandwich
Featured Veggies:
 Mashed Potatoes
 Steamed Carrots
 Choice of Fruit
 Choice of Milk

Friday

1

Spicy Chicken
Sandwich

Hot Sausage Sandwich
w/Peppers & Onions
Featured Veggies:
 Curly Fries
 Baby Carrots
 Choice of Fruit
 Choice of Milk

8

Baked Potato Bar
with Dinner Roll

Fish Sandwich
Featured Veggies:
 Steamed Broccoli
 Italian Salad
 Choice of Fruit
 Choice of Milk

11

Chicken Nuggets
with a Dinner Roll

Beef & Cheese
Burrito

Featured Veggies:
 Au Gratin Potatoes
 Steamed Vegetables
 Choice of Fruit
 Choice of Milk

12

French Toast Sticks
with Sausage

Ham, Egg & Cheese
Croissant

Featured Veggies:
 Triangle Potatoes
 Veggies & Dip
 Choice of Fruit
 Choice of Milk

13

Penne Pasta & Meatballs
Garlic Bread Stick

Variety Pizza

Featured Veggies:
 Caesar Salad
 Cherry Tomatoes
 Choice of Fruit
 Choice of Milk

14

General Tso Chicken
Over Rice

Cheeseburger Bar

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

15

Texas Toasted Cheese
or Tuna Melt

Popcorn Shrimp
with a Dinner Roll

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

18



No School

19

Meatball & Cheese
Sandwich

Buffalo or Plain Popcorn Chicken
with a Dinner Roll

Featured Veggies:
 Oven Potatoes
 Cheesy Broccoli
 Choice of Fruit
 Choice of Milk

20

Nachos Grande
Tortilla Chips

Grilled Chicken BBQ & Bacon
Sandwich

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

21

Hot Turkey
Sandwich with Gravy

Spicy Chicken
Sandwich

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

22

Pasta Fagioli
Garlic Bread Stick

Fish
Sandwich

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

25

Crunchy Tacos
with Tortilla Chips & Salsa

Bacon Cheeseburger
On a Bun

Featured Veggies:
 Steamed Corn
 Baked Beans
 Choice of Fruit
 Choice of Milk

26

Buffalo Chicken Salad
with a Dinner Roll

Mini Corn Dogs

Featured Veggies:
 Curly Fries
 Sliced Cucumbers
 Choice of Fruit
 Choice of Milk

27

Penne Pasta & Meatballs
Garlic Bread Stick

Variety Pizza

Featured Veggies:
 Spinach Salad
 Cherry Tomatoes
 Choice of Fruit
 Choice of Milk

28

General Tso Chicken
Over Rice

BBQ Rib
Sandwich

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

29

Pierogie Meal
with a Dinner Roll

Cheese Sticks w/Sauce

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