

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

USDA is an equal opportunity provider and employer.

Menu Subject to Change

Monday



6

Taco Salad with Tortilla Chips

Toasted Cheese Sandwich

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

13

General Tso Chicken over Rice

Fruit & Yogurt Parfait w/ Grahams & Cheesestick

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

20

French Toast Sticks w/Sausage

Pancake & Sausage Stick

Featured Veggies:
Triangle Potatoes
Cherry Tomatoes
Choice of Fruit
Choice of Milk

27



No School

Tuesday



7

LUCKY TRAY DAY!
Mini Corn Dogs

Turkey & Cheese Sandwich

Featured Veggies:
Potato Smiles
Baby Carrots
Choice of Fruit
Choice of Milk

14

Meatball & Cheese Sub Sandwich

Chicken Patty Sandwich

Featured Veggies:
Tater Tots
Garden Salad
Choice of Fruit
Choice of Milk

21

Mini Corn Dogs

American Deli Sub Sandwich

Featured Veggies:
Curly Fries
Hummus & Chips
Choice of Fruit
Choice of Milk

PTO PICNIC



Wednesday

1

Nachos Grande
Tortilla Chips

Chicken & Cheese Quesadilla

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

8

Penne Pasta & Meatballs
Garlic Bread Stick

Cheeseburger

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

15

Nachos Grande
Tortilla Chips

Hot Dog on a Bun

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

22

Penne Pasta & Meatballs
Garlic Bread Stick

Toasted Cheese Sandwich

Featured Veggies:
Spinach Salad
Baby Carrots
Choice of Fruit
Choice of Milk

29

Fruit & Yogurt Parfait w/ Grahams & Cheesestick

Chicken Patty Sandwich

Featured Veggies:
Curly Fries
Lettuce & Pickles
Choice of Fruit
Choice of Milk

Thursday

2

Waffles & Sausage

Italian Wrap

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

9

Chicken Fries with a Dinner Roll

Ham Egg & Cheese Croissant

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

16

Fish Nuggets with a Dinner Roll

Pepperoni Pizza

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

23

Chicken Nuggets with a Dinner Roll

Beef & Cheese Soft Taco

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

30

Chicken Tenders with a Dinner Roll

Cheese Sticks w/ Sauce

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

Friday

3

Macaroni & Cheese with a Dinner Roll

Stuffed Crust Pizza

Featured Veggies:
Green Beans
Hummus & Chips
Choice of Fruit
Choice of Milk

10

Sloppy Joe Sandwich

Cheesy Pizza

Featured Veggies:
Curly Fries
Steamed Vegetables
Choice of Fruit
Choice of Milk

17



No School

24

Hot Ham & Cheese Sandwich

Cheesy Pizza

Featured Veggies:
Cheesy Broccoli
Italian Salad
Choice of Fruit
Choice of Milk

31

Cheese Pizza



Featured Veggies:
Assorted Veggies
Assorted Fruits
Choice of Milk