

Monday Tuesday Wednesday Thursday Friday



**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

**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 may include:**

**PB&J Uncrustable with Vegetable & Fruit Juice**

**Ham & Cheese Wrap**

**Yogurt Craveable w/ Goldfish Snack & String Cheese**

**Menu Subject To Change**



**Lunch Prices**  
Student Reduced - \$0.40  
Student Paid- \$2.50  
Adult \$4.75

**General Manager**  
Ariel Cowperthwait

**Phone Number**  
570-271-3268 ext. 2126

**Email**

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			<p><b>24</b> Macaroni &amp; Cheese Garlic Bread Stick or Chicken Nuggets with a Dinner Roll <b>Featured Veggies:</b> Oven Fries Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>25</b> Pierogis Dinner Roll or Pepperoni Pizza Cheese Pizza <b>Featured Veggies:</b> Peas &amp; Carrots Fresh Vegetables Choice of Fruit Choice of Milk</p>
<p><b>28</b> Toasted Cheese Sandwich or Chicken Patty On a Bun <b>Featured Veggies:</b> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>29</b> Popcorn Chicken Bowl with a Dinner Roll or Mini (Turkey) Corn Dog Nuggets Pretzel Stick <b>Featured Veggies:</b> Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>30</b> Chicken Breast &amp; Cheese On a Bun or Cheeseburger On a Bun <b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>31</b> Chicken Alfredo over Penne Garlic Bread Stick or Chicken Nuggets with a Dinner Roll <b>Featured Veggies:</b> Mixed Steamed Veggies Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>1</b> Hot Ham &amp; Cheese on a Prtzel Bun or Cheese Pizza 0 <b>Featured Veggies:</b> Baked Beans Fresh Vegetables Choice of Fruit Choice of Milk</p>