

February 2019 Elementary Lunch Menu

Food Service Director: Brandi Culver
 bculver@gorockets.org.biz
 814-827-2715 x.1460



What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
 Choice of Vegetable, Choice of Fruit*
 Choice of Grain/Bread,
 and Choice of Milk
 *Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

*Vegetables include:
 Broccoli Florets
 Baby Carrots
 Dark Leafy Greens
 Legume Salads
 Celery & Cucumber
 *May choose two
 1/2 cup servings

*Fruits include:
 Crisp Apple
 Sliced Peaches
 Mixed Fruit
 Fresh Orange
 Banana
 Pineapple Tidbits
 Diced Pears
 Applesauce
 *May choose 1/2 cup serving

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

1% Chocolate, 1% Strawberry, Fat Free Vanilla,
 1% White and Fat Free White

Lunch Prices:
 Paid \$2.35
 Reduced \$.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fresh Produce from Local Farms based on crop availability	Whole Grains Available Daily			1 Walking Taco w/lettuce, cheese and salsa or Chicken Sticks w/bread slice Romaine Salad Assorted Fruit & Milk Choice Groundhog Day Pudding Dessert
4 Chicken Nuggets with bread Or BBQ Pulled Pork on bun Steamed Mixed Vegetables Assorted Fruit & Milk Choice	5 Brunch Lunch! French Toast Sticks with syrup & sausage patty or Chilled Chicken Ranch Twister Oven Baked tater Tots Assorted Fruit & Milk Choice	6 Fiestada Pizza Or Hot Sicilian on bun Baked Beans Assorted Fruit & Milk Choice	7 Hot Dog on bun Or Cheeseburger on bun Oven Baked French Fries Assorted Fruit & Milk Choice	8 Macaroni & Cheese w/roll Or Hot Turkey & Cheese on bun Steamed Peas Assorted Fruit & Milk Choice
11 BBQ Grilled Chicken on bun Or Cheese Pizza Steamed Green Beans Assorted Fruit & Milk Choice	12 Brunch Lunch! Waffles with syrup & sausage patty or Deli Hoagie Oven Baked tater Tots Assorted Fruit & Milk Choice	13 Popcorn Chicken Bowl w/bread or Sloppy Joe on bun Steamed Corn Assorted Fruit & Milk Choice WW@ Main Street	14 Valentine's Day Beef Nachos with cheese, salsa and bread slice or Breaded Chicken on bun Glazed Carrots Assorted Fruit & Milk Choice	15 No School
18 No School President's Day	19 *New Item* Brunch Lunch! French Toast Sticks with syrup & sausage patty or Peanut Free Wow Butter & Jelly Sandwich Oven Baked tater Tots Assorted Fruit & Milk Choice	20 Chicken Sticks with bread slice Or BBQ Pulled Pork on bun Steamed Peas Assorted Fruit Milk Choice & Dessert	21 Corn Dog Nuggets or Chicken & Cheese Quesadilla Romaine Salad Assorted Fruit & Milk Choice Milk Choice	22 Grilled Cheese w/soup Or Corn Dog Nuggets Mixed Vegetables Assorted Fruit & Milk Choice Milk Choice
25 Fiestada Pizza Or Grilled Chicken on bun Steamed Broccoli Assorted Fruit & Milk Choice	26 Brunch Lunch! Pancakes with syrup & sausage patty or Deli Hoagie Oven Baked tater Tots Assorted Fruit & Milk Choice	27 Popcorn Chicken Bowl w/bread Or Cheeseburger on bun Steamed Corn Assorted Fruit & Milk Choice	28 Meatball Hoagie with cheese Or Fish Sticks w/bread slice Steamed Green Beans Assorted Fruit & Milk Choice	The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE
Monday Chef Salad with roll and croutons or Nacho & Cheese Munchable	Tuesday Chef Salad with roll and croutons or Grilled Cheese Sandwich	Wednesday Chef Salad with roll and croutons or Turkey & Cheese Sandwich	Thursday Chef Salad with roll and croutons or Chicken Nugget Munchable	Friday Chef Salad with roll and croutons or Cheese Pizza