

August & September 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
		8/27 BBQ Rib on bun Or Grilled Teriyaki on bun Mixed Vegetables  Assorted Fruit & Milk Choice	8/28 Salisbury Steak in gravy w/roll Or Hot Sicilian on bun Oven Baked French Fries Assorted Fruit & Milk Choice	8/29 Popcorn Chicken Bowl with bread slice or Sloppy Joe on bun Steamed Corn Assorted Fruit & Milk Choice	8/30 Meatball Hoagie with cheese Or Fish Sticks with bread slice Steamed Green Beans Assorted Fruit & Milk Choice
9/2 No School Labor Day		3 Breaded Chicken on bun Or Hot Ham & Cheese on bun Steamed Broccoli Assorted Fruit & Milk Choice	4 Weenie Boats on bread Or Chicken Nuggets w/bread slice Glazed Carrots Assorted Fruit & Milk Choice	5 Brunch Lunch! French Toast Sticks with syrup and sausage patty or Chilled Chicken Ranch Twister Oven Baked Tater Tots Assorted Fruit & Milk Choice	6 Macaroni & Cheese w/roll Or BBQ Chicken Wrap w/cheese Steamed Peas Assorted Fruit & Milk Choice
	9 Walking Taco with lettuce, cheese & salsa or Hot Turkey & Cheese on bun Steamed Corn Assorted Fruit & Milk Choice	10 Chicken Strips w/bread slice Or Bacon Cheeseburger on bun Steamed Mixed Vegetables Assorted Fruit & Milk Choice	11 Chicken Broccoli Casserole with bread slice or Cheesesteak Hoagie on bun Steamed Broccoli Assorted Fruit & Milk Choice	12 Popcorn Chicken Bowl with bread slice or Sloppy Joe on bun  Steamed Corn Assorted Fruit & Milk Choice	13 Hot Dogs on buns or Cheeseburger Wrap Attack Baked Beans Assorted Fruit & Milk Choice
	16 Beef Nachos with cheese, salsa and bread slice or Fish Sticks w/bread slice  Black Bean & Corn Salad Assorted Fruit & Milk Choice	17 Chicken Nuggets w/bread slice Or BBQ Pulled Pork on bun Steamed Carrots Assorted Fruit & Milk Choice	18 Fiestada Pizza or Hot Sicilian on bun Mixed Vegetables Assorted Fruit & Milk Choice WW @ PLeasantville	19 Brunch Lunch! French Toast Sticks with syrup and sausage patty or Deli Hoagie Oven Baked Tater Tots Assorted Fruit & Milk Choice	20 Macaroni & Cheese w/roll Or Pepperoni Pizza Steamed Peas Assorted Fruit & Milk Choice
	23 Meatball Hoagie w/cheese Or Hot Turkey & Cheese on bun Steamed Broccoli Assorted Fruit & Milk Choice	24 Chicken Rings w/bread slice or Cheesesteak Hoagie on bun Baked Beans Assorted Fruit & Milk Choice	25 Italian Dunkers w/sauce or Pepperoni Melt Steamed Green Beans Assorted Fruit & Milk Choice	26 Corn Dog Nuggets or Sloppy Joe on bun  Mixed Vegetables Assorted Fruit & Milk Choice	27 Grilled Cheese Sandwich w/soup or BBQ Grilled Chicken on bun Steamed Carrots Assorted Fruit & Milk Choice
	30 Chicken Strips w/bread slice or Hot Ham & Cheese on bun Steamed Broccoli 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 bread slices and croutons or Nacho & Cheese Munchable	Tuesday Chef Salad with bread slices and croutons or Grilled Cheese Sandwich	Wednesday Chef Salad with bread slices and croutons or Turkey & Cheese Sandwich	Thursday Chef Salad with bread slices and croutons or Chicken Nugget Munchable	Friday Chef Salad with bread slices and croutons or Cheese Pizza

