



Juniata County School District Secondary Lunch Menu April 2014



Chef Metz is "Cookin' Up"

Creamy Macaroni & Cheese



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1-APR CHICKEN & WAFFLES WITH GRAVY OR MINI CORN DOGS FEATURED VEGGIES & FRUIT: MASHED POTATOES FRESH BABY CARROTS CHILLED MIXED FRUIT / MILK 6	2-APR CHICKEN PARMESAN W/ SPAGHETTI & BREADSTICK OR BBQ PORK RIB SANDWICH FEATURED VEGGIES & FRUIT: BROCCOLI WITH CHEESE THREE-BEAN SALAD CHILLED PEARS / MILK 1	3-APR STEAK, EGG, & CHEESE ON ENGLISH MUFFIN OR CHICKEN FAJITA WRAP FEATURED VEGGIES & FRUIT: CRISPY TATER TOTS FRESH GREEN PEPPERS FRESH ORANGE WEDGES/ MILK 2	4-APR TOASTED CHEESE SANDWICH OR CRISPY FISH SANDWICH FEATURED VEGGIES & FRUIT: CREAMY TOMATO SOUP FRESH ROMAINE SALAD RED DELICIOUS APPLE / MILK 3	
WEEKLY FEATURED		CHECK OUT OUR VARIETY OF GRAB-N-GO SALADS!		A VARIETY OF GRAB-N-GO WRAPS AVAILABLE DAILY!	
7-APR	8-APR	9-APR	10-APR	11-APR	
CRISPY CHICKEN NUGGETS WITH DINNER ROLL OR CHEESESTEAK SUB FEATURED VEGGIES & FRUIT: HOMEMADE BAKED BEANS FRESH BROCCOLI WITH DIP CHILLED PEARS / MILK 4	FRENCH TOAST STICKS W/ OVEN BROWNED SAUSAGE OR BBQ CHICKEN SUB FEATURED VEGGIES & FRUIT: HASH BROWN TRIANGLES FRESH BABY CARROTS MANDARIN ORANGES / MILK 5	CHICKEN ALFREDO PASTA W/ GARLIC BREADSTICK OR PIZZA SANDWICH W/ PEPPERONI FEATURED VEGGIES & FRUIT: STEAMED GREEN BEANS FRESH TOMATO WEDGES CHILLED PEACHES / MILK 6	WALKING LOCO TACO WITH DINNER ROLL OR SPICY CHICKEN PATTY FEATURED VEGGIES & FRUIT: STEAMED PEAS & CARROTS FRESH CUCUMBER SLICES CHILLED PINEAPPLE / MILK 1	CHEESE RAVIOLI WITH GARLIC BREADSTICK OR CRISPY FISH NUGGETS WITH DINNER ROLL FEATURED VEGGIES & FRUIT: STEAMED MIXED VEGETABLES FRESH CELERY STICKS SEEDLESS RED GRAPES / MILK 2	
WEEKLY FEATURED		CHECK OUT OUR VARIETY OF GRAB-N-GO SALADS!		A VARIETY OF GRAB-N-GO WRAPS AVAILABLE DAILY!	
14-APR	15-APR	16-APR	17-APR	18-APR	
BUFFALO CHICKEN & CHEESE FLATBREAD OR MEATBALL SUB WITH MOZZARELLA CHEESE FEATURED VEGGIES & FRUIT: BROCCOLI WITH CHEESE FRESH CAULIFLOWER W/ DIP CHILLED PEACHES / MILK 3	BEEF 'N CHEESE FRIES W/ FIESTA RICE & DINNER ROLL OR BAKED ITALIAN SUB FEATURED VEGGIES & FRUIT: STEAMED CARROTS CREAMY COLESLAW CHILLED APPLESAUCE / MILK 4	CHICKEN ENCHILADA WITH SALSA & SOUR CREAM OR CHEESE STICK DIPPERS W/ MARINARA SAUCE FEATURED VEGGIES & FRUIT: STEAMED MIXED VEGETABLES THREE-BEAN SALAD RED DELICIOUS APPLE / MILK 5	MACARONI & CHEESE WITH WHOLE WHEAT BREAD OR SPICY CHICKEN PATTY FEATURED VEGGIES & FRUIT: STEWED TOMATOES FRESH ROMAINE SALAD CHILLED MIXED FRUIT / MILK 6		
WEEKLY FEATURED		CHECK OUT OUR VARIETY OF GRAB-N-GO SALADS!		A VARIETY OF GRAB-N-GO WRAPS AVAILABLE DAILY!	
21-APR	22-APR	23-APR	24-APR	25-APR	
CRISPY POPCORN CHICKEN WITH DINNER ROLL OR HOT DOG ON ROLL WITH BUTTERED NOODLES FEATURED VEGGIES & FRUIT: STEAMED CORN FRESH TOMATO WEDGES CHILLED PINEAPPLE / MILK 1	HOT TURKEY SANDWICH WITH GRAVY OR SLOPPY JOE ON ROLL FEATURED VEGGIES & FRUIT: MASHED POTATOES FRESH ROMAINE SALAD CHILLED APPLESAUCE / MILK 2	SAUSAGE BREAKFAST BOWL WITH BAGEL OR TURKEY, CHEESE, AND BACON MELT FEATURED VEGGIES & FRUIT: CRISPY TATER TOTS FRESH BROCCOLI WITH DIP FRESH ORANGE WEDGES/ MILK 3	CHOICE OF HARD OR SOFT TACOS OR BBQ PULLED PORK ON ROLL FEATURED VEGGIES & FRUIT: HOMEMADE BAKED BEANS FRESH RED PEPPER STRIPS CHILLED PEACHES / MILK 4	HOMEMADE BEEF LASAGNA W/ GARLIC BREADSTICK OR CHICKEN FAJITA WRAP FEATURED VEGGIES & FRUIT: STEAMED GREEN BEANS FRESH CARROTS & CELERY CHILLED MIXED FRUIT / MILK 5	
WEEKLY FEATURED		CHECK OUT OUR VARIETY OF GRAB-N-GO SALADS!		A VARIETY OF GRAB-N-GO WRAPS AVAILABLE DAILY!	
28-APR	29-APR	30-APR			
CRISPY CHICKEN NUGGETS WITH DINNER ROLL OR HOT HAM & CHEESE ON PRETZEL ROLL FEATURED VEGGIES & FRUIT: STEAMED GREEN PEAS HOMEMADE BAKED BEANS CHILLED PEACHES / MILK 6	TEX-MEX BEEF BOWL WITH DINNER ROLL OR MINI-CORN DOGS FEATURED VEGGIES & FRUIT: BROCCOLI WITH CHEESE FRESH CUCUMBER SLICES CHILLED APPLESAUCE / MILK 1	HOT ROAST BEEF SANDWICH WITH GRAVY OR ITALIAN DUNKERS WITH MARINARA DIPPING SAUCE FEATURED VEGGIES & FRUIT: MASHED POTATOES FRESH ROMAINE SALAD CHILLED MIXED FRUIT / MILK 2			
WEEKLY FEATURED		CHECK OUT OUR VARIETY OF GRAB-N-GO SALADS!		A VARIETY OF GRAB-N-GO WRAPS AVAILABLE DAILY!	
Student Paid Lunch \$2.35		Student Reduced Lunch \$0.40		Adult Lunch \$3.35	

What is a Meal?
 You must choose at least 3 of 5 components available for the school lunch price. Meat or meat alternate, choice of vegetable, choice of fruit, grain/ bread and choice of milk (1% White, Fat Free Chocolate, Fat Free White, Fat Free Vanilla, Fat Free Strawberry).
 A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup vegetable **MUST** accompany a reimbursable lunch!

Weekly Vegetable Subgroups May Include:
 Dark green (spinach, broccoli, romaine, spring salad), red/orange (carrots, sweet potatoes, tomatoes, red peppers), beans/peas (legumes), and starchy (white potatoes, corn, peas, lima beans). Other vegetables will include celery sticks, cucumbers, cauliflower, green peppers, green beans, and cabbage.

Daily Fruit Selections May Include:
 Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, and Mandarin Oranges.

DAILY ENTRÉE OPTIONS MAY INCLUDE:

Assorted Fresh-Made Salads served with a Dinner Roll

Assorted Fresh-Made Wraps and Sandwiches

Cheese Pizza (HS only)
Pepperoni Pizza (HS only)

Cheeseburger on Roll

Chicken Patty on Roll

Student Ala Carte Prices

Fresh Made Sub	\$2.00
Fresh Made Wrap	\$1.75
Fresh Made Salad	\$2.50

A 50 cent discount will be given for above items if purchased with a meal

Baked Chips	\$.65
Milk	\$.50
Fresh Made Salad	\$2.50

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Sign up for the Free and Reduced Lunch Program! Pick up applications at any school office or apply online at www.compass.state.pa.us