



Juniata County School District Secondary Lunch Menu May-June 2014



Chef Metz is "Cookin' Up"

Creamy Macaroni & Cheese



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!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			1-MAY CHICKEN ALFREDO PASTA W/ GARLIC BREADSTICK OR SLOPPY JOE ON ROLL FEATURED VEGGIES & FRUIT: STEAMED CARROTS FRESH CELERY STICKS RED DELICIOUS APPLE / MILK 3	2-MAY BUFFALO CHICKEN & CHEESE FLATBREAD OR CHEESE STICK DIPPERS WITH MARINARA SAUCE FEATURED VEGGIES & FRUIT: STEAMED GREEN BEANS FRESH TOMATO WEDGES CHILLED PINEAPPLE / MILK 4	
WEEKLY FEATURED		CHECK OUT OUR VARIETY OF GRAB-N-GO SALADS!		A VARIETY OF GRAB-N-GO WRAPS AVAILABLE DAILY!	
5-MAY	6-MAY	7-MAY	8-MAY	9-MAY	2-JUN
CHEESESTEAK SUB OR SPICY CHICKEN SANDWICH FEATURED VEGGIES & FRUIT: STEAMED GREEN BEANS CANDIED SWEET POTATOES CHILLED APPLESAUCE / MILK 5	BEEF 'N CHEESE FRIES W/ FIESTA RICE & DINNER ROLL OR TURKEY, CHEESE, AND BACON WRAP FEATURED VEGGIES & FRUIT: HOMEMADE BAKED BEANS FRESH CUCUMBER SLICES FRESH ORANGE WEDGES/MILK 6	MACARONI & CHEESE WITH WHOLE WHEAT BREAD OR PIZZA BURGER ON ROLL FEATURED VEGGIES & FRUIT: STEWED TOMATOES FRESH BABY CARROTS CHILLED MIXED FRUIT / MILK 1	MASHED POTATO BOWL WITH DINNER ROLL OR MINI CORN DOGS FEATURED VEGGIES & FRUIT: STEAMED CORN FRESH ROMAINE SALAD CHILLED PEACHES / MILK 2	SPAGHETTI / MEAT SAUCE & WHOLE WHEAT BREAD OR BAKED ITALIAN SUB FEATURED VEGGIES & FRUIT: STEAMED MIXED VEGETABLES FRESH CELERY STICKS CHILLED PEARS / MILK 3	CHEF'S CHOICE (MENU WILL BE ANNOUNCED) OR CHEF'S CHOICE FEATURED VEGGIES & FRUIT: STEAMED GREEN PEAS FRESH TOMATO WEDGES CHILLED PEACHES / MILK 6
WEEKLY FEATURED		CHECK OUT OUR VARIETY OF GRAB-N-GO SALADS!		A VARIETY OF GRAB-N-GO WRAPS AVAILABLE DAILY!	
12-MAY	13-MAY	14-MAY	15-MAY	16-MAY	3-JUN
MEATBALL SUB WITH MOZZARELLA CHEESE OR CHICKEN FAJITA WRAP FEATURED VEGGIES & FRUIT: STEAMED GREEN PEAS FRESH CUCUMBER SLICES CHILLED MIXED FRUIT / 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 & BOW-TIE PASTA WITH DINNER ROLL OR ITALIAN DUNKERS WITH MARINARA DIPPING SAUCE FEATURED VEGGIES & FRUIT: BROCCOLI WITH CHEESE THREE-BEAN SALAD CHILLED PEACHES / MILK 6	CHICKEN & WAFFLES WITH GRAVY OR HOT DOG ON ROLL WITH PASTA SALAD FEATURED VEGGIES & FRUIT: MASHED POTATOES FRESH ROMAINE SALAD RED DELICIOUS APPLE / MILK 1	WALKING LOCO TACO WITH DINNER ROLL OR SPICY CHICKEN PATTY FEATURED VEGGIES & FRUIT: STEAMED CARROTS FRESH TOMATO WEDGES CHILLED APPLESAUCE / MILK 2	CHEF'S CHOICE (MENU WILL BE ANNOUNCED) OR CHEF'S CHOICE FEATURED VEGGIES & FRUIT: STEAMED CORN FRESH ROMAINE SALAD FRESH ORANGE WEDGES / MILK 1
WEEKLY FEATURED		CHECK OUT OUR VARIETY OF GRAB-N-GO SALADS!		A VARIETY OF GRAB-N-GO WRAPS AVAILABLE DAILY!	
19-MAY	20-MAY	21-MAY	22-MAY	23-MAY	4-JUN
CRISPY POPCORN CHICKEN WITH DINNER ROLL OR HAM, EGG, & CHEESE ON ENGLISH MUFFIN FEATURED VEGGIES & FRUIT: STEAMED CORN CANDIED SWEET POTATOES FRESH ORANGE WEDGES/ MILK 3	SPAGHETTI W/ MEAT SAUCE & WHOLE WHEAT BREAD OR SPICY CHICKEN PATTY FEATURED VEGGIES & FRUIT: STEAMED GREEN BEANS FRESH ROMAINE SALAD CHILLED PEARS / MILK 4	BUFFALO CHICKEN & CHEESE FLATBREAD OR BAKED ITALIAN SUB FEATURED VEGGIES & FRUIT: HOMEMADE BAKED BEANS FRESH BABY CARROTS RED DELICIOUS APPLE / MILK 5	TOASTED CHEESE SANDWICH OR CHICKEN FAJITA WRAP FEATURED VEGGIES & FRUIT: CREAMY TOMATO SOUP FRESH BROCCOLI WITH DIP CHILLED PINEAPPLE / MILK 6	ITALIAN DUNKERS WITH MARINARA DIPPING SAUCE OR CRISPY FISH NUGGETS WITH DINNER ROLL FEATURED VEGGIES & FRUIT: STEAMED MIXED VEGETABLES FRESH CUCUMBER SLICES CHILLED MIXED FRUIT / MILK 1	CHEF'S CHOICE (MENU WILL BE ANNOUNCED) OR CHEF'S CHOICE FEATURED VEGGIES & FRUIT: BROCCOLI WITH CHEESE FRESH CAULIFLOWER WITH DIP RED DELICIOUS APPLE / MILK 2
WEEKLY FEATURED		CHECK OUT OUR VARIETY OF GRAB-N-GO SALADS!		A VARIETY OF GRAB-N-GO WRAPS AVAILABLE DAILY!	
26-MAY	27-MAY	28-MAY	29-MAY	30-MAY	5-JUN
NO SCHOOL 	CRISPY CHICKEN NUGGETS WITH DINNER ROLL OR CHEESESTEAK SUB FEATURED VEGGIES & FRUIT: HOMEMADE BAKED BEANS STEAMED GREEN PEAS MANDARIN ORANGES / MILK 2	MACARONI & CHEESE WITH WHOLE WHEAT BREAD OR TURKEY, CHEESE, AND BACON WRAP FEATURED VEGGIES & FRUIT: STEWED TOMATOES FRESH ROMAINE SALAD CHILLED MIXED FRUIT / MILK 3	TEX-MEX BEEF BOWL WITH DINNER ROLL OR BBQ CHICKEN SUB FEATURED VEGGIES & FRUIT: BROCCOLI WITH CHEESE FRESH CAULIFLOWER W/ DIP CHILLED PEACHES / MILK 4	HOMEMADE BEEF LASAGNA W/ GARLIC BREADSTICK OR CHICKEN FAJITA WRAP FEATURED VEGGIES & FRUIT: STEAMED GREEN BEANS FRESH BABY CARROTS CHILLED APPLESAUCE / MILK 5	CHEF'S CHOICE (MENU WILL BE ANNOUNCED) OR CHEF'S CHOICE FEATURED VEGGIES & FRUIT: STEAMED MIXED VEGETABLES ASSORTED FRESH VEGETABLES ASSORTED FRUIT CHOICES / MILK 3
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

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

Chris Ammon - General Manager
 (717) 436-2193 ext. 5084
cammon@jcsdk12.org
Kathy Gilson - Food Service Support
 (717) 436-2111 ext. 5015
kgilson@jcsdk12.org