

South Williamsport High School Lunch Menu April 2017



Food Service Director: Tara Stryker
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	Monday	Tuesday	Wednesday	Thursday	Friday
 The Garden Grilled Chicken Salad Turkey and Cheese Salad Ham and Cheese Salad	4/3 Meatball Mozzarella Sub Fresh Bread Power Peas Sliced Pears Fat Free or Low Fat Milk	4/4 Chicken Fajita Rice Bowl Broccoli Florets Fruit Medley Fat Free or Low Fat Milk	4/5 Breaded Fish Sticks Fresh Bread Baby Carrots Sliced Peaches Fat Free or Low Fat Milk	4/6 Chicken & Waffles Green Beans Fresh Apple Fat Free or Low Fat Milk	4/7 Breaded Pork Patty Rice and Gravy Vegetable Medley Blueberries Fat Free or Low Fat Milk
	4/10 Grilled Cheese Sandwich Tomato Soup Carrot Coins Sliced Peaches Fat Free or Low Fat Milk	4/11 Grandma's Ham Bake Fresh Bread Green Beans Assorted Apples Fat Free or Low Fat Milk	4/12 Pork BBQ on a Bun Garden Salad Mixed Fruit Fat Free or Low Fat Milk	4/13 Spaghetti & Meat Sauce Fresh Bread Power Peas Diced Pears Fat Free or Low Fat Milk	4/14 NO SCHOOL
 The Pizzeria Cheese Pizza Pepperoni Pizza	4/17 NO SCHOOL	4/18 NO SCHOOL	4/19 Mini Corn Dogs Baby Carrots Sliced Peaches Fat Free or Low Fat Milk	4/20 Vegetable Lasagna Fresh Bread Green Beans Mixed Fruit Fat Free or Low Fat Milk	4/21 Pepperoni Roll Garden Salad Blueberries Fat Free or Low Fat Milk
	 Grab & Go A wide variety of sandwiches, wraps, specialty salads and yogurt parfaits are available daily!	4/24 Cheese Burger Carrot Coins Pineapple Tidbits Fat Free or Low Fat Milk	4/25 Macaroni and Cheese Fresh Bread Stewed Tomatoes Spiced Applesauce Fat Free or Low Fat Milk	4/26 Sloppy Joe on a Bun Vegetable Medley Mixed Fruit Fat Free or Low Fat Milk	4/27 Italian Dunkers Broccoli Florets Blueberries Fat Free or Low Fat Milk

The Deli

Assorted Wraps

Accompaniments

*Must take at least one 1/2 cup of fruit or vegetable

***Vegetable Bar includes:**
 Broccoli Florets
 Baby Carrots
 Dark Leafy Greens
 Legume Salads
 Celery & Cucumber

***Fruits include:**
 Crisp Apple
 Sliced Peaches
 Mixed Fruit
 Fresh Orange
 Banana
 Pineapple Tidbits
 Diced Pears
 Applesauce

Milk

Milk Choices Offered Daily:
 1% white, non-fat white, non-fat flavored

Options

Aprils monthly special :
 BBQ Pork Flat Bread
 Chipotle Chicken Flat Bread



Dipping Bar Breaded Chicken Patty	Tex-Mex Bar Taco Meat, Fajita Meat, Soft shells, Nachos, Cheese Sauce	Popcorn Chicken Bowl 5th and the 19th Mashed Potatoes, Popcorn Chicken, Corn, Gravy. Fresh Bread Stromboli 12th and 26th Pepperoni or Buffalo Chicken	Pho Bar Build Your Own Noodle Bowl, Pork, Chicken, Noodles, Corn, Peas and Broth	Cheese Steak Bar Steak, Cheese Sauce, Onions and Peppers
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Proud to manage your food service program

Lunch Prices: Paid \$2.40 Reduced \$.40
 Adult \$ 3.50

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MENUS SUBJECT TO CHANGE