

South Williamsport High School Lunch Menu December 2016



Food Service Director: Tara Stryker
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The Garden

Grilled Chicken Salad
Turkey and Cheese Salad
Ham and Cheese Salad

The Pizzeria

Cheese Pizza
Pepperoni Pizza

A wide variety of , wraps, specialty salads and yogurt parfaits are available daily!

Options

Every Thursday for the month we will have Peppermint Hot Chocolate for sale Ala Carte

Monday	Tuesday	Wednesday	Thursday	Friday
 Whole Grain Available daily			12/1 <u>Recipe of the month</u> Sweet & Spicy BBQ Chicken Bowl Garden Salad Fresh Apple Juice Fat Free or Low Fat Milk Peppermint Hot Chocolate	12/2 Breaded Chicken Parmesan over Noodles Steamed Corn Blueberries Fat Free or Low Fat Milk
12/5 Grandma's Ham Bake Fresh Bread Vegetable Medley Sliced Pears Fat Free or Low Fat Milk	12/6 BBQ Rib Sandwich Baked Beans Sliced Strawberries Fat Free or Low Fat Milk	12/7 Ham & Cheese Quesadilla Tossed Salad Rosy Applesauce Fat Free or Low Fat Milk	12/8 Honey Lemon Chicken over Rice Fresh Bread Broccoli Florets Sliced Pears Fat Free or Low Fat Milk Peppermint Hot Chocolate	12/9 Hot Pork and Gravy Sandwich Mashed Potatoes Sliced Peaches Fat Free or Low Fat Milk
12/12 Pizza Pasta Bake Fresh Bread Broccoli Florets Fresh Apple Fat Free or Low Fat Milk	12/13 Chicken and Waffles Carrot Coins Mixed Fruit Fat Free Or Low Fat Milk	12/14 Mini Corn Dogs Celery Sticks Blueberries Fat Free or Low Fat Milk	12/15 Macaroni and Cheese Fresh Bread Golden Corn Applesauce Fat Free or Low Fat Milk Peppermint Hot Chocolate	12/16 Breaded Pork Patty with Gravy over Rice Vegetable Medley Pineapple Tidbits Fat Free or Low Fat Milk
12/19 Meatball Mozzarella Sub Green Beans Fresh Orang Fat Free or Low Fat Milk	12/20 Grandma's Chicken Noodle Bake Fresh Bread Broccoli Florets Fresh Juice Fat Free or Low Fat Milk	12/21 Sloppy Joe on a Bun Baby Carrots Diced Pears Fat Free or Low Fat Milk	12/22 HOLIDAY MEAL Hot Turkey and Gravy Mashed Potatoes / Stuffing Golden Corn Sliced Strawberries Fat Free or Low Fat Milk Peppermint Hot Chocolate	12/23 NO SCHOOL 
12/26 NO SCHOOL	12/27 NO SCHOOL	12/28 NO SCHOOL	12/29 NO SCHOOL	12/30 NO SCHOOL
HAPPY HOLIDAY				
Dipping Bar Breaded Chicken Patty	Tex-Mex Bar Taco Meat, Fajita Meat, Soft shells, Nachos, Cheese Sauce	Popcorn Chicken Bowl 7th & 21st Mashed Potatoes., Popcorn Chicken, Corn, Gravy. Fresh Bread Stromboli 14th	Pho Bar Build your own noodle bowl Pork, Chicken, Noodles, Corn Peas , and Broth	Cheese Steak Bar Steak, Cheese Sauce, Onions and Peppers



The Deli

Assorted Wraps may include

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

Proud to manage your food service program

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

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

MENUS SUBJECT TO CHANGE