

# South Williamsport High School Lunch Menu February 2017



Food Service Director: Tara Stryker  
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	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Grilled Chicken Salad</b> <b>Turkey and Cheese Salad</b> <b>Ham and Cheese Salad</b></p>			<b>2/1</b> Breaded Fish Sticks Fresh Bread Baby Carrots Sliced Strawberries Fat Free or Low Fat Milk	<b>2/2</b> Chicken & Waffles Broccoli Florets Fresh Apple Fat Free or Low Fat Milk	<b>2/3</b> Breaded Pork Patty Rice and Gravy Vegetable Medley Blueberries Fat Free or Low Fat Milk
	<b>2/6</b> Grilled Cheese Sandwich Tomato Soup Carrot Coins Sliced Peaches Fat Free or Low Fat Milk	<b>2/7</b> Grandma's Ham Bake Fresh Bread Green Beans Assorted Apples Fat Free or Low Fat Milk	<b>2/8</b> Pork BBQ on a Bun Garden Salad Mixed Fruit Fat Free or Low Fat Milk	<b>2/9</b> Spaghetti & Meat Sauce Fresh Bread Power Peas Diced Pears Fat Free or Low Fat Milk	<b>2/10</b> NO SCHOOL ACT 80 DAY
 <p><b>Cheese Pizza</b> <b>Pepperoni Pizza</b></p>	<b>2/13</b> NO SCHOOL	<b>2/14</b> <b>Brunch For Lunch</b> French Toast Sticks Sausage Tator Tots Fresh Oranges Fat Free Or Low Fat Milk	<b>2/15</b> Mini Corn Dogs Baby Carrots Sliced Peaches Fat Free or Low Fat Milk	<b>2/16</b> Buffalo Chicken Alfredo Fresh Bread Green Beans Mixed Fruit Fat Free or Low Fat Milk 	<b>2/17</b> Pepperoni Roll Garden Salad Blueberries Fat Free or Low Fat Milk
	<b>2/20</b> Cheese Burger Carrot Coins Sliced Strawberries Fat Free or Low Fat Milk	<b>2/21</b> Macaroni and Cheese Fresh Bread Stewed Tomatoes Spiced Applesauce Fat Free or Low Fat Milk	<b>2/22</b> Sloppy Joe on a Bun Vegetable Medley Mixed Fruit Fat Free or Low Fat Milk	<b>2/23</b> Italian Dunkers Broccoli Florets Blueberries Fat Free or Low Fat Milk	<b>2/24</b> Breaded Chicken Parmesan over Noodles Green Beans Sliced Peaches Fat Free or Low Fat Milk
 <p><b>Every Thursday this month I will be offering as ala carte chocolate dipped fruit</b></p>	<b>2/27</b> Meatball Mozzarella Sub Fresh Bread Power Peas Sliced Pears Fat Free or Low Fat Milk	<b>2/28</b> <b>Chicken Fajita Rice Bowl</b> Broccoli Florets Fruit Medley Fat Free or Low Fat Milk			<b>2/27</b> Dipping Bar Breaded Chicken Patty
	<b>2/27</b> Dipping Bar Breaded Chicken Patty	<b>2/28</b> <b>Tex-Mex Bar</b> Taco Meat, Fajita Meat, Soft shells, Nachos, Cheese Sauce	<b>2/28</b> Popcorn Chicken Bowl 1st and 15th Mashed Potatoes, Popcorn Chicken, Corn, Gravy. Fresh Bread Stromboli 8th and 22nd Pepperoni or Buffalo Chicken	<b>2/28</b> <b>Pho Bar</b> Build Your Own Noodle Bowl, Pork, Chicken, Noodles, Corn, Peas and Broth	<b>2/28</b> <b>Cheese Steak Bar</b> Steak, Cheese Sauce, Onions and Peppers

## 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

## Proud to manage your food service program

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