

South Williamsport High School Lunch Menu January 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	1/2 NO SCHOOL	1/3 Grandma's Chicken Noodle Bake with Fresh Bread Green Beans Mixed Fruit Fat Free or Low Fat Milk	1/4 Breaded Fish Sticks Fresh Bread Baby Carrots Juicy Peaches Fat Free or Low Fat Milk	1/5 Chicken & Waffles Broccoli Florets Fresh Apple Fat Free or Low Fat Milk	1/6 Breaded Pork Patty Rice and Gravy Vegetable Medley Blueberries Fat Free or Low Fat Milk
The Pizzeria Cheese Pizza Pepperoni Pizza	1/9 Grilled Cheese Sandwich Tomato Soup Carrot Coins Sliced Peaches Fat Free or Low Fat Milk	1/10 Grandma's Ham Bake Fresh Bread Green Beans Assorted Apples Fat Free or Low Fat Milk	1/11 Pork BBQ on a Bun Garden Salad Mixed Fruit Fat Free or Low Fat Milk	1/12 Spaghetti & Meat Sauce Fresh Bread Power Peas Diced Pears Fat Free or Low Fat Milk	1/13 Honey Lemon Chicken Over Rice Garden Salad Sliced Strawberries Fat Free or Low Fat Milk
Grab & Go A wide variety of sandwiches, wraps, specialty salads and yogurt parfaits are available daily!	1/16 NO SCHOOL	1/17 Macaroni and Cheese Fresh Bread Stewed Tomatoes Fresh Oranges Fat Free Or Low Fat Milk	1/18 Mini Corn Dogs Baby Carrots Sliced Peaches Fat Free or Low Fat Milk	1/19 Ham Pot Pie Fresh Bread Green Beans Mixed Fruit Fat Free or Low Fat Milk 	1/20 Pepperoni Roll Garden Salad Blueberries Fat Free or Low Fat Milk
Options All month we will be offering Spring rolls. Two will be considered a lunch along with your fruit and vegetables	1/23 Cheese Burger Carrot Coins Sliced Strawberries Fat Free or Low Fat Milk	1/24 Brunch For Lunch French Toast Sticks Sausage Tator Tots Sliced Peaches Fat Free or Low Fat Milk	1/25 Sloppy Joe on a Bun Vegetable Medley Mixed Fruit Fat Free or Low Fat Milk	1/26 Italian Dunkers Broccoli Florets Blueberries Fat Free or Low Fat Milk	1/27 Breaded Chicken Parmesan over Noodles Green Beans Sliced Peaches Fat Free or Low Fat Milk
	1/30 Ground Beef and Macaroni Fresh Bread Power Peas Sliced Pears Fat Free or Low Fat Milk	1/31 Chicken Fajita Rice Bowl Broccoli Florets Fruit Medley Fat Free or Low Fat Milk			
	Dipping Bar Breaded Chicken Patty	Tex-Mex Bar Taco Meat, Fajita Meat, Soft shells, Nachos, Cheese Sauce	Popcorn Chicken Bowl 4th and the 18th Mashed Potatoes, Popcorn Chicken, Corn, Gravy. Fresh Bread Stromboli 11th and 25th 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

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