

# South Williamsport High School Lunch Menu May 2017



Food Service Director: Tara Stryker  
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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>The Garden</b>	5/1 Spaghetti & Meat Sauce Fresh Bread Carrot Coins Sliced Peaches Fat Free or Low Fat Milk	5/2 Italian Dunkers Broccoli Florets Sliced Pears Fat Free or Low Fat Milk	5/3 Breaded Fish Sticks Fresh Bread Baby Carrots Mixed Fruit Fat Free or Low Fat Milk	5/4 Chili Garden Salad Fresh Apple Juice Fat Free or Low Fat Milk	5/5 Hot Pork and Gravy Sandwich Mashed Potatoes Asian Oranges Fat Free or Low Fat Milk
<b>Grilled Chicken Salad Turkey and Cheese Salad Ham and Cheese Salad</b>	5/8 BBQ Rib Sandwich Baked Beans Sliced Pears Fat Free or Low Fat Milk	5/9 Grandma's Ham Bake Fresh Bread Sweet Potatoes Pineapple tidbits Fat Free or Low Fat Milk	5/10 Mini Corn Dogs Tossed Salad Rosy Applesauce Fat Free or Low Fat Milk	5/11 Buffalo Chicken Alfredo Fresh Bread Broccoli Florets Sliced Pears Fat Free or Low Fat Milk	5/12 Breaded Chicken Parmesan over Noodles Steamed Corn Sliced Peaches Fat Free or Low Fat Milk
<b>The Pizzeria</b>	5/15 Pizza Pasta Bake Fresh Bread Carrot Coins Fresh Apple Fat Free or Low Fat Milk	5/16 Macaroni and Cheese Fresh Bread Stewed Tomatoes Mixed Fruit Fat Free Or Low Fat Milk	5/17 Ham & Cheese Quesadilla Celery Sticks Mandarin Oranges Fat Free or Low Fat Milk	5/18  <b>Recipe of the month</b> Honey Lemon Chicken Broccoli <b>Spanish Rice</b> Sliced Peaches Fat Free or Low Fat Milk	5/19 Breaded Pork Patty with Gravy over Rice Vegetable Medley Pineapple Tidbits Fat Free or Low Fat Milk
<b>Cheese Pizza Pepperoni Pizza</b>	5/22 Meatball Mozzarella Sub Green Beans Fresh Orange Fat Free or Low Fat Milk	5/23 Chicken and Waffles Vegetable Medley Mixed Fruit Fat Free or Low Fat Milk	5/24 Sloppy Joe on a Bun Baby Carrots Diced Pears Fat Free or Low Fat Milk	5/25 Grandma's Chicken Noodle Bake Fresh Bread Golden Corn Applesauce Fat Free or Low Fat Milk	5/26 Grilled Cheese Sandwich Tomato Soup Petite Peas Sliced Peaches Fat Free or Low Fat Milk
<b>Grab &amp; Go</b>	5/29 SCHOOL CLOSED MEMORIAL DAY	5/30 <u>Brunch For Lunch</u> French Toast Sticks, Sausage Tator Tots Sliced Peaches Fat Free or Low Fat Milk	5/31 Pork BBQ Sandwich Tossed Salad Applesauce Fat Free or Low Fat Milk	6/1 COOK 'S CHOICE	6/2 COOK 'S CHOICE
<b>Options</b>	Dipping Bar Breaded Chicken Patty	<b>Tex-Mex Bar</b> Taco Meat, Fajita Meat, Soft shells, Nachos, Cheese Sauce	<b>Popcorn Chicken Bowl</b> 3rd, 17th, 31st  <b>Stromboli</b> 10th & 24th	<b>Pho Bar</b> Build your own noodle bowl Pork, Chicken, Noodles, Corn Peas, and Broth	<b>Cheese Steak Bar</b> 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 \$1.40  
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**

**Offered Daily**

**Salad Shakers**