

South Williamsport High School Lunch Menu October 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

Grab & Go

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

Options

October 19h, will be free samples of Peppermint Hot Chocolate

Monday	Tuesday	Wednesday	Thursday	Friday
10/3 BBQ Rib Sandwich Baked Beans Sliced Pears Fat Free or Low Fat Milk	10/4 <u>Brunch For Lunch</u> French Toast Sticks, Sausage Tator Tots Sliced Peaches Fat Free or Low Fat Milk	10/5 Breaded Fish Sticks Fresh Bread Baby Carrots Mixed Fruit Fat Free or Low Fat Milk	10/6 Fiesta Burrito Garden Salad Fresh Apple Juice Fat Free or Low Fat Milk <u>Sweet Red and Green Onion</u> Root beer Floats Available	10/7 Hot Pork and Gravy Sandwich Mashed Potatoes Asian Oranges Fat Free or Low Fat Milk
10/10 NO SCHOOL Columbus Day	10/11 Grandma's Ham Bake Fresh Bread Squash Pineapple tidbits Fat Free or Low Fat Milk	10/12 Mini Corn Dogs Tossed Salad Rosy Applesauce Fat Free or Low Fat Milk	10/13 Honey Lemon Chicken over Rice Fresh Bread Broccoli Florets Sliced Pears Fat Free or Low Fat Milk Root beer Floats Available	10/14 Breaded Chicken Parmesan over Noodles Steamed Corn Sliced Peaches Fat Free or Low Fat Milk
National School Lunch Week				
10/17 Pizza Pasta Bake Fresh Bread <u>Kale, Lettuce, Cucumber and Green Peppers Mix</u> Fresh Apple Fat Free or Low Fat Milk	10/18 Macaroni and Cheese Fresh Bread Carrot Coins Mixed Fruit Fat Free Or Low Fat Milk	10/19 Ham & Cheese Quesadilla Celery Sticks Mandarin Oranges Fat Free or Low Fat Milk	10/20 <u>Recipe of the month</u> Buffalo Chicken Grilled Cheese Petite Peas Fresh Juice Fat Free or Low Fat Milk Root beer Floats Available	10/21 Breaded Pork Patty with Gravy over Rice Vegetable Medley Pineapple Tidbits Fat Free or Low Fat Milk
10/24 Meatball Mozzarella Sub Green Beans Fresh Orang Fat Free or Low Fat Milk	10/25 Chicken and Waffles <u>Red and Gold Potatoes</u> Fresh Juice Fat Free or Low Fat Milk	10/26 Sloppy Joe on a Bun Baby Carrots Diced Pears Fat Free or Low Fat Milk	10/27 Grandma's Chicken Noodle Bake Fresh Bread Golden Corn Applesauce Fat Free or Low Fat Milk Root beer Floats Available	10/28 Grilled Cheese Sandwich Tomato Soup Petite Peas Sliced Peaches Fat Free or Low Fat Milk
10/31 Spaghetti & Meat Sauce Carrot Coins Mixed Fruit Fat Free or Low Fat Milk			Root beer Floats will be Available every Thursday to purchase Ala Carte during the month of October !!	
Dipping Bar Breaded Chicken Patty	Tex-Mex Bar Taco Meat, Fajita Meat, Soft shells, Nachos, Cheese Sauce	Popcorn Chicken Bowl 5th & 19th Mashed Potatoes., Popcorn Chicken, Corn, Gravy. Fresh Bread Stromboli 12th & 26th	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 \$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