

# South Williamsport High School Lunch Menu



Food Service Director: Tara Stryker  
tstryker@swasd.org 570-320-4495

## 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 sandwiches, wraps, specialty salads and yogurt parfaits are available daily!

## Options

All month we will be offering different kinds of Edible bowls in the merchandiser.

Monday	Tuesday	Wednesday	Thursday	Friday
	11/1 Grandma's Chicken Noodle Bake with Fresh Bread Steamed Corn Mixed Fruit Fat Free or Low Fat Milk	11/2 Breaded Fish Sticks Fresh Bread Baby Carrots Juicy Peaches Fat Free or Low Fat Milk	11/3 Chicken & Waffles Broccoli Florets Fresh Apple Fat Free or Low Fat Milk	11/4 Pierogie Lasagna Fresh Bread Assorted Squash Asian Oranges Fat Free or Low Fat Milk
11/7 Grilled Cheese Sandwich Tomato Soup Carrot Coins Sliced Peaches Fat Free or Low Fat Milk	11/8 Mexicali Chicken Bake Fresh Bread Green Beans Assorted Apples Fat Free or Low Fat Milk	11/9 Pork BBQ on a Bun Garden Salad Mixed Fruit Fat Free or Low Fat Milk	11/10 Spaghetti & Meat Sauce Fresh Bread Steamed Corn Diced Pears Fat Free or Low Fat Milk	11/11 Breaded Pork Patty Rice and Gravy Garden Salad Mandarin Oranges Fat Free or Low Fat Milk
11/14  Meatballi mozzarella Sub <u>Jessie's BBQ'D Baked Beans</u> Sliced Pears Fat Free or Low Fat Milk	11/15 Macaroni and Cheese Fresh Bread Stewed Tomatoes Fresh Oranges Fat Free Or Low Fat Milk	11/16 Hot Sicilian Sandwich Baby Carrots Sliced Peaches Fat Free or Low Fat Milk	11/17 <u>Harvest Feast</u> Hot Turkey and Gravy Mashed Potatoes, Stuffing Seasoned Green Beans Creamy Cabbage Salad Apple Crisp Fat Free or Low Fat Milk	11/18 Pepperoni Roll Garden Salad Mixed fruit Fat Free or Low Fat Milk
11/21 ACT 80 DAY NO LUNCH	11/22 ACT 80 DAY NO LUNCH	11/23 SCHOOL CLOSED	11/24 SCHOOL CLOSED HAPPY THANKSGIVING	11/25 SCHOOL CLOSED
11/28 SCHOOL CLOSED	11/29 Honey Fire Chicken over Rice Broccoli Florets Fruit Medley Fat Free or Low Fat Milk	11/30 Hot Ham & Cheese Quesadilla Celery Sticks Pineapple Tidbits 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 2nd, 16th, and 30th Mashed Potatoes., Popcorn Chicken, Corn, Gravy. Fresh Bread Stromboli 9th and 23rd Pepperoni or Buffalo Chicken		

## 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

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MENUS SUBJECT TO CHANGE