

South Williamsport High School Lunch Menu August—September 2016



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		8/30 Brunch For Lunch French Toast Sticks Sausage Patty Tator Tots Mandarin Oranges Fat Free or Low Fat Milk	8/31 Breaded Fish Sticks Fresh Bread Baby Carrots Juicy Peaches Fat Free or Low Fat Milk	9/1 BBQ Rib on a Bun Broccoli Florets Sliced Pears Fat Free or Low Fat Milk	9/2 Grandma's Chicken Noodle Bake with Fresh Bread Steamed Corn Mixed Fruit Fat Free or Low Fat Milk
	9/5 NO SCHOOL LABOR DAY	9/6 Mexicali Chicken Bake Fresh Bread Green Beans Rosy Applesauce Fat Free or Low Fat Milk	9/7 Sloppy Joe on a Bun Garden Salad Mixed Fruit Fat Free or Low Fat Milk	9/8 Spaghetti & Meat Sauce Fresh Bread Steamed Corn Mandarin Oranges Fat Free or Low Fat Milk	9/9 Breaded Pork Patty Rice and Gravy Glazed Carrots Sliced Peaches Fat Free or Low Fat Milk
The Pizzeria Cheese Pizza Pepperoni Pizza	9/12 Meatball Mozzarella Sub Green Beans Sliced Pears Fat Free or Low Fat Milk	9/13 Macaroni and Cheese Fresh Bread Stewed Tomatoes Pineapple Tidbits Fat Free Or Low Fat Milk	9/14 Hot Sicilian Sandwich Baby Carrots Sliced Peaches Fat Free or Low Fat Milk	9/15 Chicken Fajita Rice Bowl Fresh Bread Golden Corn Rosy Applesauce Fat Free or Low Fat Milk	9/16 Pepperoni Roll Power Peas Mixed Fruit Fat Free or Low Fat Milk Jello Day
Grab & Go A wide variety of wraps, specialty salads and yogurt parfaits are available daily!	9/19 Pizza Pasta Bake Fresh Bread Baked Beans Pineapple Tidbits Fat Free or Low Fat Milk	9/20 <u>Recipe of the Month</u> Chili Cheese Tots Golden Corn Mandarin Oranges Fat Free or Low Fat Milk	9/21 Mini Corn Dogs Garden Salad Diced Peaches Fat Free or Low Fat Milk	9/22 Italian Dunkers with Sauce Power Peas Sliced Pears Fat Free or Low Fat Milk	9/23 Walking Taco Fresh Bread Baby Carrots Fresh Apple Fat Free or Low Fat Milk
	9/26 Ground Beef and Macaroni Bake Fresh Bread Broccoli Florets Diced Pears Fat Free or Low Fat Milk	9/27 Italian Rollo with Sauce Power Peas Fruit Medley Fat Free or Low Fat Milk	9/28 Hot Ham & Cheese Quesadilla Celery Sticks Pineapple Tidbits Fat Free or Low Fat Milk	9/29 Cheeseburger on a Bun Diced Carrots Mandarin Oranges Fat Free or Low Fat Milk	9/30 Breaded Chicken Parmesan over Pasta Green Beans Diced Peaches Fat Free or Low Fat Milk
Options	Dipping Bar Breaded Chicken Patty	Tex-Mex Bar Taco Meat, Fajita Meat, Soft shells, Nachos, Cheese Sauce	Popcorn Chicken Bowl 31,14,28 Mashed Potatoes,, Popcorn Chicken, Corn, Gravy. Fresh Bread Stromboli 7th & 21st	Pho Bar Build Your Own Noodle Bowl, Pork, Chicken, Noodles, Corn, Peas and Broth	Cheesesteak Bar

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