

# South Williamsport Rommelt

## Lunch Menu April 2017

Food Service Director: Tara Stryker  
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### What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate  
Choice of Vegetable, Choice of Fruit\*  
Choice of Grain/Bread,  
and Choice of Milk

\*Students must choose at least one fruit or vegetable



### Fresh Fruits and Vegetables Offered Daily

\*Vegetables may include:  
Broccoli Florets  
Baby Carrots  
Dark Leafy Greens  
Legume Salads  
Celery & Cucumber  
\*May choose two 1/2 cup servings

\*Fruits may include:  
Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Pears  
Applesauce  
\*May choose one 1/2 cup serving

**MENUS SUBJECT TO CHANGE**



### Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,  
Fat Free White and Low Fat White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
4/3 Ham Pot Pie Fresh Bread Golden Corn Sliced Peaches Fat Free or Low Fat Milk	4/4 BBQ Rib on a Bun Baked Beans Spiced Applesauce Fat Free or Low Fat Milk	4/5 Macaroni and Cheese Fresh Bread Green Beans Diced Pears Fat Free or Low Fat Milk	4/6 Cheeseburger on a Bun Baked Fries Mandarin Oranges Fat Free or Low Fat Milk	4/7 Meatball Mozzarella Sub Steamed Carrots Blueberries Fat Free or Low Fat Milk	<b>Daily Choices</b> Ham and Cheese Hoagie Yogurt with a Cheese Stick, and Bread Peanut Butter and Jelly Sandwich Peanut Butter and Fluff Sand- wiches
4/10 Sloppy Joe on a Bun Broccoli Florets Mixed Fruit Fat Free or Low Fat Milk	4/11 BBQ Chicken Sandwich Power Peas Fresh Oranges Fat Free or Low Fat Milk	4/12 Fish Sticks Vegetable Medley Sliced Strawberries Fat Free or Low Fat Milk	4/13 <u>Brunch For Lunch</u> French Toast Sticks Sausage Patty Potato Puffs Diced Pears Fat Free or Low Fat Milk	4/14 NO SCHOOL	<b>Weekly Munchable Alternates</b>  <b>Week1</b> Pizza Dunkers  <b>Week2</b> Nachos & Cheese
4/17 NO SCHOOL	4/18 NO SCHOOL	4/19 Grilled Cheese Sandwich Carrot Coins Diced Pears Fat Free or Low Fat Milk	4/20 Pepperoni Roll Baked Fries Fresh Apple Fat Free or Low Fat Milk	4/21 Popcorn Chicken Fresh Bread Power Peas Sliced Peaches Fat Free or Low Fat Milk	<b>Week3</b> Chicken Nugget  <b>Week4</b> Ham & Cheese  <b>Week5</b> Bologna & Cheese
4/24 Cheese Steak Sub Baked Fries Mixed Fruit Fat Free or Low Fat Milk	4/25 Chicken Parmesan on a Bun Broccoli Florets Georgia Peaches Fat Free or Low Fat Milk <b>Free Jell-o Cup Day</b>	4/26 Italian Dunkers with Sauce Tossed Salad Fresh Apple Fat Free or Low Fat Milk	4/27 Beef Nachos Golden Corn Blueberries Fat Free or Low Fat Milk	4/28 <b>Vegetable Lasagna</b> Green Beans Diced Pears Fat Free or Low Fat Milk	  <b>Whole Grain Available Daily</b>
If you purchase a lunch all four days on the 10-13th you will be entered into a drawing for a basket giveaway.					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
<b>Monday</b> Chicken Nuggets with Bread	<b>Tuesday</b> Twin Taco 2/14 Walking Taco	<b>Wednesday</b> Breaded Chicken Patty on a Bun	<b>Thursday</b> Mini Corn Dogs	<b>Friday</b> Cheese Pizza	<b>Lunch Prices:</b> <b>Paid \$2.15</b> <b>Reduced \$ .40</b> <b>Adult \$3.50</b>