

South Williamsport Rommelt Lunch Menu December 2016



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


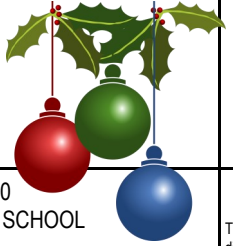


MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
			12/1 Popcorn Chicken Fresh Bread Steamed Corn Sliced Peaches Fat Free or Low Fat Milk	12/2 Sweet & Spicy BBQ Chicken Bowl Broccoli Cuts  Spiced Applesauce Fat Free or Low Fat Milk	Daily Choices Chef Salad with Roll Yogurt with a Cheese Stick, and Bread Peanut Butter and Jelly Sandwich
12/5 Cheese Steak Sub Vegetable Medley Sliced Strawberries Fat Free or Low Fat Milk	12/6 Grilled Cheese Sandwich Celery Sticks Crisp Red Apple Fat Free or Low Fat Milk	12/7 Italian Dunkers with Sauce Carrot Coins Sliced Pears Fat Free or Low Fat Milk	12/8 Chicken Fajita Rice Bowl Fresh Bread Golden Corn Cinnamon Applesauce Fat Free or Low Fat Milk	12/9 Mini Burger Sliders Broccoli Florets Peppy Pineapple Fat Free or Low Fat Milk	WEEKLY MUNCHABLES <u>ALTERNATES:</u> Week 1 - Nachos & Cheese Week 2 - Pizza Dunkers Week 3 - Han & Cheese Week 4 - Chicken Nugget Week 5 - Bologna & Cheese
12/12 Meatball Mozzarella Sub Fresh Cucumber slices Apple Slices Fat Free or Low Fat Milk	12/13 Hot Dog on a Bun Power Peas Fresh Banana Fat Free or Low Fat Milk	12/14 Pepperoni Roll Green Beans Applesauce Fat Free or Low Fat Milk	12/15 Brunch For Lunch French Toast Sticks Sausage Patty Potato Puffs Georgia Peaches Fat Free or Low Fat Milk	12/16 Chicken Noodle Bake Fresh Bread Carrot Coins Diced Pears Fat Free or Low Fat Milk	New Daily Choice Peanut Butter and Fluff Sandwich
12/19 BBQ Rib on a Bun Broccoli Cuts Pineapple Tidbits Fat Free or Low Fat Milk	12/20 Ham & Cheese Cosmo Carrot Coins Mandarin Oranges Fat Free or Low Fat Milk	12/21 Sloppy Joe on a Bun Power Peas Rosy Applesauce Fat Free or Low Fat Milk	12/22 HOLIDAY MEAL Hot Turkey and Gravy Mashed Potatoes / Stuffing Golden Corn Sliced Strawberries Fat Free or Low Fat Milk Sherbet Cup	12/23 NO SCHOOL 	 Whole Grain Available daily
12/26 NO SCHOOL	12/27 NO SCHOOL	12/28 NO SCHOOL	12/29 NO SCHOOL	12/30 NO SCHOOL 	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
Monday Chicken Nuggets with Bread	Tuesday Walking Taco	Wednesday Breaded Chicken Patty on a Bun	Thursday Mini Corn Dogs	Friday Cheese Pizza or Pepperoni Pizza	Lunch Prices: Paid \$2.15 Reduced \$.40

HAPPY HOLIDAY

