

South Williamsport Rommelt

Lunch Menu January 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
1/2 NO SCHOOL	1/3 Chicken Sticks Fresh Bread Golden Corn Sliced Strawberries Fat Free or Low Fat Milk	1/4 Meatball Mozzarella Sub Green Beans Diced Pears Fat Free or Low Fat Milk	1/5 Cheeseburger on a Bun Baked Fries Sliced Peaches Fat Free or Low Fat Milk	1/6 Macaroni and Cheese Fresh Bread Steamed Carrots Blueberries Fat Free or Low Fat Milk	Daily Choices Ham and Cheese Hoagie Yogurt with a Cheese Stick, and Bread Peanut Butter and Jelly Sandwich Peanut Butter and Fluff Sandwiches
1/9 Sloppy Joe on a Bun Broccoli Florets Mixed Fruit Fat Free or Low Fat Milk	1/10 BBQ Chicken Sandwich Power Peas Fresh Oranges Fat Free or Low Fat Milk	1/11 Fish Sticks Vegetable Medley Sliced Strawberries Fat Free or Low Fat Milk	1/12 <u>Brunch For Lunch</u> French Toast Sticks Sausage Patty Potato Puffs Diced Pears Fat Free or Low Fat Milk	1/13 Mini Burger Sliders Carrot Coins Spiced Applesauce Fat Free or Low Fat Milk	Weekly Munchable Alternates Week1 Pizza Dunkers Week2 Nachos & Cheese
1/16 NO SCHOOL	1/17 Hot Dog on a Bun Golden Corn Mandarin Oranges Fat Free or Low Fat Milk	1/18 Grilled Cheese Sandwich Carrot Coins Diced Pears Fat Free or Low Fat Milk	1/19 Pepperoni Roll Baked Fries Fresh Apple Fat Free or Low Fat Milk	1/20 Popcorn Chicken Fresh Bread Power Peas Sliced Strawberries Fat Free or Low Fat Milk	Week3 Ham & Cheese Week4 Chicken Nugget Week5 Bologna & Cheese
1/23 Cheese Steak Sub Baked Fries Mixed Fruit Fat Free or Low Fat Milk Free Pudding Cup Day	1/24 Chicken Parmesan on a Bun Broccoli Florets Georgia Peaches Fat Free or Low Fat Milk	1/25 Italian Dunkers with Sauce Tossed Salad Fresh Apple Fat Free or Low Fat Milk	1/26 Beef Nachos Golden Corn Blueberries Fat Free or Low Fat Milk	1/27 Ham Pot Pie Green Beans Diced Pears Fat Free or Low Fat Milk	 Whole Grain Available Daily
1/30 Breaded Pork Chop Fresh Bread Mashed Potatoes Sliced Peaches Fat Free or Low Fat Milk	1/31 BBQ Rib on a Bun Baked Beans Spiced Applesauce Fat Free or Low Fat Milk		Peppermint and regular Hot Chocolate with cool whip, chocolate syrup, and peppermint sprinkles will be offered as an Ala Carte item every Thursday this month. The cost is \$1.00		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	Lunch Prices: Paid \$2.15 Reduced \$.40 Adult \$3.50