

South Williamsport Rommelt Lunch Menu March 2017



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
<p>We will finish our week with the daily book giveaway for each class. On the 1st, 2nd, and 3rd.</p>	<p>The 2nd is Dr Suess Birthday! Everyone that purchases a lunch will be getting a Blue Jello cup with a gummy fish to celebrate.</p>	<p>3/1 Beef Nacho's Power Peas Mixed Fruit Fat Free or Low Fat Milk</p>	<p>3/2 Popcorn Chicken Fresh Bread Mashed Potatoes Sliced Peaches Fat Free or Low Fat Milk Blue Jello w/ a Gummy Fish</p>	<p>3/3 Tuna Cosmo Broccoli Cuts Spiced Applesauce Fat Free or Low Fat Milk</p>	<p>Daily Choices Ham and Cheese Hoagie Yogurt with a Cheese Stick, and Bread Peanut Butter and Jelly or Peanut Butter and Fluff Sandwich</p>
<p>3/6 Cheese Steak Sub Green Beans Blueberries Fat Free or Low Fat Milk</p>	<p>3/7 BBQ Rib on a Bun Baked Beans Crisp Red Apple Fat Free or Low Fat Milk</p>	<p>3/8 Italian Dunkers with Sauce Carrot Coins Sliced Pears Fat Free or Low Fat Milk</p>	<p>3/9 Chicken Noodle Bake Fresh Bread Mixed Vegetables Strawberries Fat Free or Low Fat Milk</p>	<p>3/10 Mini Burger Sliders Baked Fries Pineapple Tidbits Fat Free or Low Fat Milk</p>	<p>WEEKLY MUNCHABLES ALTERNATES: Week 1 - Chicken Nugget Week 2 - Bologna & Cheese Week 3 - Pizza Dunkers Week 4 - Nacho & Cheese Week 5 - Ham & Cheese</p>
<p>3/13 Meatball Mozzarella Sub Broccoli Florets Mixed Fruit Fat Free or Low Fat Milk</p>	<p>3/14 Chicken Fingers Fresh Bread Power Peas Sliced Peaches Fat Free or Low Fat Milk</p>	<p>3/15 Pepperoni Roll Green Beans Applesauce Fat Free or Low Fat Milk</p>	<p>3/16 Brunch For Lunch French Toast Sticks Sausage Patty Potato Puffs Blueberries Fat Free or Low Fat Milk</p>	<p>3/17 Grandma's Ham Bake Fresh Bread Carrot Coins Diced Pears Fat Free or Low Fat Milk</p>	<p> Whole Grain Available daily</p>
<p>3/20 Spaghetti and Meat Sauce Fresh Bread Vegetable Medley Pineapple Tidbits Fat Free or Low Fat Milk</p>	<p>3/21 Grilled Cheese Sandwich Baby Carrots Strawberries Fat Free or Low Fat Milk</p>	<p>3/22 Sloppy Joe on a Bun Power Peas Mixed Fruit Fat Free or Low Fat Milk WELLNESS WEDNESDAY Carrot Raisin Salad</p>	<p>3/23 Macaroni & Cheese Fresh Bread Golden Corn Mandarin Oranges Fat Free or Low Fat Milk</p>	<p>3/24 Recipe of the month Popcorn Chicken Po'boy Oven Baked Fries Diced Pears Fat Free or Low Fat Milk</p>	
<p>3/27 Hot Dog on a Bun Golden Corn Fresh Apple Fat Free or Low Fat Milk</p>	<p>3/28 Chicken Fingers Fresh Bread Broccoli Florets Blueberries Fat Free or Low Fat Milk</p>	<p>3/29 Fish Sticks Vegetable Medley Sliced Peaches Fat Free or Low Fat Milk</p>	<p>3/30 Breaded Pork Chop Fresh Bread Mashed Potatoes / Gravy Fresh Banana Fat Free or Low Fat Milk</p>	<p>3/31 Hot Turkey Sandwich Carrot Coins Spiced Applesauce Fat Free or Low Fat Milk</p>	<p>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</p>
<p>Monday Chicken Nuggets with Bread</p>	<p>Tuesday Twin Taco Second Tuesday of the Month Walking Taco</p>	<p>Wednesday Breaded Chicken Patty on a Bun</p>	<p>Thursday Mini Corn Dogs</p>	<p>Friday Cheese Pizza</p>	<p>Lunch Prices: Paid \$2.15 Reduced \$.40</p>

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