

South Williamsport Rommelt Lunch Menu May 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 |
|----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5/1 Ham & Cheese Cosmo Sweet Potatoes Sliced Pears Fat Free or Low Fat Milk | 5/2 Hot dog on a Bun Golden Corn Spiced Applesauce Fat Free or Low fat Milk | 5/3 Beef Nacho's Power Peas Mixed Fruit Fat Free or Low Fat Milk | 5/4 Chicken Nuggets Fresh Bread Mashed Potatoes Sliced Peaches Fat Free or Low Fat Milk | 5/5 Pulled Pork Sandwich Broccoli Cuts Spiced Applesauce Fat Free or Low Fat Milk | Daily Choices Ham and Cheese Hoagie Yogurt with a Cheese Stick, and Bread Peanut Butter and Jelly or |
| 5/8 Cheese Steak Sub Green Beans Blueberries Fat Free or Low Fat Milk | 5/9 BBQ Rib on a Bun Baked Beans Crisp Red Apple Fat Free or Low Fat Milk | 5/10 Italian Dunkers with Sauce Carrot Coins Sliced Pears Fat Free or Low Fat Milk | 5/11 Chicken Noodle Bake Fresh Bread Mixed Vegetables Sliced Peaches Fat Free or Low Fat Milk | 5/12 Mini Burger Sliders Baked Fries Pineapple Tidbits Fat Free or Low Fat Milk | WEEKLY MUNCHABLES <u>ALTERNATES:</u> Week 1 - Bologna & Cheese Week 2 - Chicken Nugget Week 3 - Pizza Dunkers Week 4 - Nacho & Cheese Week 5 - Ham & Cheese |
| 5/15 Meatball Mozzarella Sub Broccoli Florets Mixed Fruit Fat Free or Low Fat Milk | 5/16 Chicken Fingers Fresh Bread Power Peas Sliced Peaches Fat Free or Low Fat Milk | 5/17 Pepperoni Roll Green Beans Applesauce Fat Free or Low Fat Milk | 5/18 Brunch For Lunch French Toast Sticks Sausage Patty Potato Puffs Blueberries Fat Free or Low Fat Milk | 5/19 Grandma's Ham Bake Fresh Bread Carrot Coins Diced Pears Fat Free or Low Fat Milk |  Whole Grain Available daily |
| 5/22 Spaghetti and Meat Sauce Fresh Bread Vegetable Medley Pineapple Tidbits Fat Free or Low Fat Milk | 5/23 Grilled Cheese Sandwich Baby Carrots Sliced Peaches Fat Free or Low Fat Milk | 5/24 Sloppy Joe on a Bun Power Peas Mixed Fruit Fat Free or Low Fat Milk | 5/25 Macaroni & Cheese Fresh Bread Golden Corn Mandarin Oranges Fat Free or Low Fat Milk | 5/26 Recipe of the month Breaded Pork Chop Fresh Bread Green Beans Spanish Rice Diced Pears Fat Free or Low Fat Milk | |
| 5/29 NO SCHOOL Memorial Day | 5/30 Chicken Fingers Fresh Bread Broccoli Florets Mixed Fruit Fat Free or Low Fat Milk | 5/31 Fish Sticks Vegetable Medley Sliced Peaches Fat Free or Low Fat Milk | 6/1 Cheeseburger on a Bun Baked Fries Diced Pears Fat Free or Low Fat Milk | 6/2 Ham & Cheese Quesadilla Carrot Coins Spiced Applesauce Fat Free or Low Fat Milk | 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 Popcorn Chicken with Bread | Tuesday Twin Taco | Wednesday Breaded Chicken Patty on a Bun | Thursday Mini Corn Dogs | Friday Cheese Pizza | Lunch Prices: Paid \$2.15 Reduced \$.40 |

Food Service Director: Tara Stryker
tstryker@swasd.org 570-320-4495