

South Williamsport Rommelt Lunch Menu November 2016

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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:

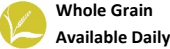

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce
*May choose one 1/2 cup serving

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
	11/1 Italian Cosmo Golden Corn Rosy Applesauce Fat Free or Low Fat Milk	11/2 Pepperoni Roll Green Beans Diced Pears Fat Free or Low Fat Milk	11/3 Cheeseburger on a Bun Baked Beans Mandarin Oranges Fat Free or Low Fat Milk	11/4 Chicken Sticks Fresh Bread Steamed Carrots Fruit Medley Fat Free or Low Fat Milk	Daily Choices Chef Salad with Roll Yogurt with a Cheese Stick, and Bread Peanut Butter and Jelly Sandwich
11/7 Sloppy Joe on a Bun Broccoli Florets Diced Peaches Fat Free or Low Fat Milk	11/8 BBQ Chicken Sandwich Power Peas Fresh Oranges Fat Free or Low Fat Milk	11/9 Fish Sandwich on a Bun Vegetable Medley Tasty Fruit Cup Fat Free or Low Fat Milk	11/10 Mini Burger Sliders Carrot Coins Mixed Fruit Cup Fat Free or Low Fat Milk	11/11 <u>Brunch For Lunch</u> French Toast Sticks Sausage Patty Potato Puffs Diced Pears Fat Free or Low Fat Milk	Weekly Munchable Alternates Week 1- Pizza Dunkers Week 2- Ham and Cheese
11/14 Pasta with Meat Sauce Garlic Bread Mixed Garden Greens Spiced Applesauce Fat Free or Low Fat Milk	11/15 Hot Dog on a Bun Golden Corn Mandarin Oranges Fat Free or Low Fat Milk	11/16 Grilled Cheese Sandwich Carrot Coins Diced Pears Fat Free or Low Fat Milk	11/17 Harvest Feast Hot Turkey and Gravy Mashed Potatoes, Stuffing Seasoned Green Beans Creamy Cabbage Salad Apple Crisp Fat Free or Low Fat Milk	11/18 Popcorn Chicken Fresh Bread Power Peas Pineapple Tidbits Fat Free or Low Fat Milk	
11/21 Cheese Steak Sub Vegetable Medley Mixed Fruit Fat Free or Low Fat Milk ACT 80 Day 1/2 Day	11/22 Chicken Parmesan on a Bun Baked Beans Georgia Peaches Fat Free or Low Fat Milk ACT 80 Day 1/2 Day	11/23 SCHOOL CLOSED	11/24 SCHOOL CLOSED HAPPY THANKSGIVING	11/25 SCHOOL CLOSED	
11/28 School CLOSED	11/29 BBQ Ribs on a Bun Jessie's BBQ'D Baked Beans Mandarin Oranges Fat Free or Low Fat Milk	11/30 Italian Dunkers with Sauce Tossed Salad Fresh Apple 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 Chicken Nuggets 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 Adult \$3.50

