

South Williamsport Rommelt Lunch Menu October 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
10/3 Cheese Steak Sub Green Beans Mandarin Oranges Fat Free or Low Fat Milk	10/4 Italian Cosmo Carrot Coins Diced Pears Fat Free or Low Fat Milk	10/5 Beef Nacho's Power Peas Mixed Fruit Fat Free or Low Fat Milk	10/6 Popcorn Chicken Fresh Bread Steamed Corn Sliced Peaches Fat Free or Low Fat Milk	10/7 Beef and Macaroni Bake Fresh Bread Broccoli Cuts Spiced Applesauce Fat Free or Low Fat Milk	Daily Choices Yogurt Parfait and Bread Peanut Butter and Jelly Sandwich
10/10 NO SCHOOL COLUMBUS DAY	10/11 Grilled Cheese Sandwich Celery Sticks Crisp Red Apple Fat Free or Low Fat Milk	10/12 Italian Dunkers with Sauce Carrot Coins Sliced Pears Fat Free or Low Fat Milk	10/13 Chicken Fajita Rice Bowl Fresh Bread Golden Corn Cinnamon Applesauce Fat Free or Low Fat Milk	10/14 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
10/17 Meatball Mozzarella Sub Fresh Cucumber slices Apple Slices Fat Free or Low Fat Milk	10/18 Recipe of the month Buffalo Chicken Grilled Cheese Power Peas Fresh Banana Fat Free or Low Fat Milk	10/19 Pepperoni Roll Green Beans Applesauce Fat Free or Low Fat Milk	10/20 Chicken Noodle Bake Fresh Bread Carrot Coins Diced Pears Fat Free or Low Fat Milk	10/21 <u>Brunch For Lunch</u> French Toast Sticks Sausage Patty Potato Puffs Georgia Peaches Fat Free or Low Fat Milk	Whole Grain Available daily 
10/24 BBQ Rib on a Bun Broccoli Cuts Pineapple Tidbits Fat Free or Low Fat Milk	10/25 Ham & Cheese Cosmo Carrot Coins Mandarin Oranges Fat Free or Low Fat Milk	10/26 Sloppy Joe on a Bun Power Peas Rosy Applesauce Fat Free or Low Fat Milk	10/27 Macaroni & Cheese Fresh Bread Green Beans Baby Banana Fat Free or Low Fat Milk	10/28 Chicken Fingers Fresh Bread Oven Baked Fries Diced Pears Fat Free or Low Fat Milk	National School Lunch Week of October 11th to October 14
10/31 Hot Dog on a Bun Golden Corn 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 Walking Taco	Wednesday Breaded Chicken Patty on a Bun	Thursday Mini Corn Dogs	Friday Cheese Pizza	Lunch Prices: Paid \$2.15 Reduced \$.40

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