

# South Williamsport Rommelt Lunch Menu August– September 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:

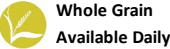
Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Pears  
Applesauce  
\*May choose one 1/2 cup serving

**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
	8/30 Ham and Cheese Cosmo Golden Corn Rosy Applesauce Fat Free or Low Fat Milk	8/31 Grilled Cheese Sandwich Green Beans Diced Pears Fat Free or Low Fat Milk	9/1 Cheeseburger on a Bun Baked Beans Mandarin Oranges Fat Free or Low Fat Milk	9/2 Chicken Sticks Fresh Bread Steamed Carrots Fruit Medley Fat Free or Low Fat Milk	<b>Daily Choices</b> Chef Salad with Roll Assorted Deli Subs Yogurt with a Cheese Stick and Bread Peanut Butter and Jelly Sandwich
9/5 No School Labor Day	9/6 BBQ Chicken Sandwich Power Peas Fresh Oranges Fat Free or Low Fat Milk	9/7 Fish Sandwich on a Bun Vegetable Medley Spiced Applesauce Fat Free or Low Fat Milk	9/8 Mini Burger Sliders Carrot Coins Mixed fruit Fat Free or Low Fat Milk Jello Day	9/9 <u>Brunch For Lunch</u> French Toast Sticks Sausage Patty Potato Puffs Georgia Peaches Fat Free or Low Fat Milk	
9/12 Pasta with Meat Sauce Garlic Bread Mixed Garden Greens Spiced Applesauce Fat Free or Low Fat Milk	9/13 Hot Dog on a Bun Golden Corn Mandarin Oranges Fat Free or Low Fat Milk	9/14 Pepperoni Roll Carrot Coins Diced Pears Fat Free or Low Fat Milk	9/15 Macaroni & Cheese Fresh Bread Steamed Broccoli Mixed Fruit Fat Free or Low Fat Milk	9/16 Popcorn Chicken Fresh Bread Power Peas Pineapple Tidbits Fat Free or Low Fat Milk	
9/19 Cheese Steak Sub Vegetable Medley Mixed Fruit Fat Free or Low Fat Milk	9/20 Chicken Parmesan on a Bun Baked Beans Georgia Peaches Fat Free or Low Fat Milk	9/21 Breaded Pork Chops Fresh Bread Green Beans Baby Bananas Fat Free or Low Fat Milk	9/22 Chicken & Cheese Quesadilla Power Peas Asian Oranges Fat Free or Low Fat Milk	9/23 Chicken Fingers Fresh Bread Steamed Corn Sweet Applesauce Fat Free or Low Fat Milk	
9/26 Meatball Sub Power Peas Mandarin Oranges Fat Free or Low Fat Milk	9/27 BBQ Ribs on a Bun Green Beans Sliced Peaches Fat Free or Low Fat Milk	9/28 Italian Dunkers with Sauce Tossed Salad Fresh Apple Fat Free or Low Fat Milk	9/29 Pizza Pasta Bake Fresh Bread Golden Corn Mixed Fruit Fat Free or Low Fat Milk	9/30 Chicken Noodle Bake Fresh Bread Cooked Carrots Diced Pears 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
<b>Monday</b> Chicken Nuggets with Bread	<b>Tuesday</b> Walking Taco	<b>Wednesday</b> Breaded Chicken Patty on a Bun	<b>Thursday</b> Mini Corn Dogs	<b>Friday</b> Cheese Pizza	<b>Lunch Prices:</b> Paid \$2.15 Reduced \$.40 Adult \$3.50