

**December  
2018**



**S.H.C.S.D. HS & MS  
Lunch Menu**



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**What is a Meal?**

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch.

- Meat or meat alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread
- Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

**Weekly Vegetable Subgroups**

**May Include:**

- Dark Green - spinach, broccoli, romaine and spring salad
- Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
- Legumes - beans and peas
- Starchy - potatoes, corn, peas & lima beans
- Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

**Daily Fruit Selections**

**May Include:**

- oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**Leave Your Lunch at Home**

Pizza is Available every Monday, Wednesday & Friday

**UP FOR GRABS**

- Chicken Caesar Salad with Dinner Roll
- Chef Salad with Dinner Roll
- Italian Salad with Dinner Roll
- Taco Salad with Dinner Roll



**"METZ GRILLE"**

Lunch Prices  
Student \$2.25  
Reduced \$.40  
Adult \$3.25

**General Manager  
MISHELL SCHLEGEL**

Phone Number-447-5529 Ext.2336

Email

[mschlegel@shcsd.org](mailto:mschlegel@shcsd.org)

USDA is an equal opportunity provider and employer.

[WWW.MYSCHOOLACCOUNT.COM](http://WWW.MYSCHOOLACCOUNT.COM)

You can register child's lunch account online.

With this system you are able to monitor purchases, make payments and keep a close eye on all transactions.

Please contact the Foodservice Office at (814)447-5529, Ext. 2336 if you need any help setting up your child's account.



**3**  
Dip-It Chicken Sandwich on a Bun or Corn Dog

**Featured Veggies:**  
Oven Fries  
Red Pepper Strips  
Choice of Fruit & Milk  
**BLOOD DRIVE F**



**TACO BAR**  
2 for Tuesday  
Taco's w/Toppings or Chicken Fajita w/Toppings  
**Featured Veggies:**  
Salsa  
Green Beans  
Choice of Fruit & Milk  
**A**

**5**  
Buffalo Ranch Chicken Flatbread or Baked Potato Bar w/Toppings  
**Featured Veggies:**  
Baked Beans  
Romaine Salad  
Choice of Fruit & Milk  
**B**

**6**  
Chicken Mashed Potato Bowl w/Biscuit or BBQ Ribby Sandwich on a Bun  
**Featured Veggies:**  
Mashed Potatoes  
Golden Corn  
Choice of Fruit & Milk  
**C**

**7**  
Mac & Cheese or Hot/Mild Sausage Sandwich  
**Featured Veggies:**  
Steamed Broccoli  
Garden Peas  
Choice of Fruit & Milk  
**D**

**10**  
Chicken Nuggets w/Biscuit or Apple BBQ Pulled Pork on a Bun  
**Featured Veggies:**  
Tater Tots  
Ceasar Salad  
Choice of Fruit & Milk  
**E**

**Breakfast for Lunch**  
French Toast Sticks w/Sausage Patties or Breakfast Burrito  
**Featured Veggies:**  
Tri Taters  
Carrot Sticks  
Choice of Fruit & Milk  
**F**



**12**  
Open Faced Hot Roast Beef Sandwich or Hamburger on a Bun  
**Featured Veggies:**  
Mashed Potatoes  
Celery Sticks  
Choice of Fruit & Milk  
**A**

**13**  
Texas Toasted Cheese Sandwich or Sloppy Joe on a Bun  
**Featured Veggies:**  
Tomato Soup  
Garden Peas  
Choice of Fruit & Milk  
**B**

**14**  
Bacon Cheeseburger on a Bun or Turkey, Ham & Cheese on a Croissant  
**Featured Veggies:**  
Curly Fries  
Chick Peas  
Choice of Fruit & Milk  
**C**

**17**  
Flat Mac w/Sauce or Rib-B-Que Sandwich on a Bun  
**Featured Veggies:**  
Wedge Fries  
Tomato Slices  
Choice of Fruit & Milk  
**D**

**CHRISTMAS MEAL**  
Turkey Stuffing Mashed Potatoes Gravy Corn Dessert



**19**  
Pizza Casserole or Ham & Cheese on a Bagel  
**Featured Veggies:**  
Tossed Salad  
Steamed Carrots  
Choice of Fruit & Milk  
**F**

**PASTA BAR**  
Chicken Alfredo w/Breadstick or Cheese Steak Hoagie on a Bun  
**Featured Veggies:**  
Ceasar Salad  
Green Beans  
Choice of Fruit & Milk  
**A**



**Cook's Choice**  
**B**



*Merry Christmas!*



The Cafeteria Staff wishes EVERYONE a Safe & Joyous Holiday Break! Thanks for your support in 2018. We look forward to seeing you on Jan. 2, 2019!!

