

# DECEMBER 2018



## S.H.C.S.D. SCHOOL DISTRICT ELEMENTARY LUNCH MENU

December 2018



### What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

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, and fat-free chocolate

**Weekly Vegetable Subgroups May Include:**  
**Dark green** - spinach, broccoli, romaine and spring salad

**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers

**Beans/Peas**

**Starchy** - white potatoes, corn, and lima beans

**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

**Daily Fruit Selection May Include:** oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

### OTHERS

**UPBJ Craveable**-includes a Smucker's PBJ, String Cheese, Graham Snack, Fruit, Veggie & Milk

OR

**Chef Salad w/Roll, Fruit & Milk**



Lunch Prices  
\$2.10  
Reduced \$.40  
Adult \$3.25

General Manager  
**MISHELL SCHLEGEL**  
Phone Number  
814-447-5529 Ext. 2336

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

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Our traditional Christmas Lunch will be held on the following dates:</b></p> <p><b>December 11th-Spring Farms</b> *****</p> <p><b>December 12th-Rockhill</b> *****</p> <p><b>December 13th-Shade Gap</b></p>				
<p><b>3</b> Meatball Hoagie w/Cheese or Corn Dog <b>Featured Veggies:</b> Smiley Fries Fresh Celery Choice of Fruit &amp; Milk F</p>	<p><b>4</b> Spaghetti w/Meat Sauce or Ham &amp; Cheese Hoagie <b>Featured Veggies:</b> Romaine Salad Garden Peas Choice of Fruit &amp; Milk A</p>	<p><b>5</b> Chicken Mashed Potato Bowl w/Roll or Rib-B-Que on a Bun <b>Featured Veggies:</b> Mashed Potatoes Corn Choice of Fruit &amp; Milk B</p>	<p><b>6</b> Bacon Cheeseburger on a Bun or Hot Dog on a Bun <b>Featured Veggies:</b> Baked Beans Fresh Carrots Choice of Fruit &amp; Milk C</p>	<p><b>7</b> Stuffed Crust Pizza or Cheese Steak Hoagie on a Roll <b>Featured Veggies:</b> Fresh Broccoli w/Dip Lettuce &amp; Tomato Cup Choice of Fruit &amp; Milk D</p>
<p><b>10</b> Chicken Nuggets Soft Pretzel Stick or BBQ Ribby on a Bun <b>Featured Veggies:</b> Green Beans Steamed Carrots Choice of Fruit &amp; Milk E</p>	<p><b>11</b> Nachoes Grande w/Roll or Hamburger on a Bun <b>Featured Veggies:</b> Corn Baked Beans Choice of Fruit &amp; Milk F</p>	<p><b>12</b> Toasted Cheese Sandwich or Fish Shapes w/Roll <b>Featured Veggies:</b> Tomato Soup Celery Choice of Fruit &amp; Milk A</p>	<p><b>13</b> Yogurt Craveable or Hot Dog on a Bun <b>Featured Veggies:</b> Fresh Carrots Garden Peas Choice of Fruit &amp; Milk B</p>	<p><b>14</b> Cheese Stick Dippers w/Sauce or Turkey &amp; Cheese Bagel <b>Featured Veggies:</b> Steamed Broccoli Fresh Cucumber Slices Choice of Fruit &amp; Milk C</p>
<p><b>17</b> Popcorn Chicken w/Noodles or All American Hoagie on a Bun <b>Featured Veggies:</b> Corn Mixed Veggies Choice of Fruit &amp; Milk D</p>	<p><b>18</b> Homemade Pizza Casserole w/Breadstick or Turkey &amp; Cheese on a Croissant <b>Featured Veggies:</b> Green Beans Tomato &amp; Lettuce Salad Choice of Fruit &amp; Milk E</p>	<p><b>19</b> Flat Bread White Pizza w/Sauce or Sloppy Joe on a Bun <b>Featured Veggies:</b> Romaine Salad Garden Peas Choice of Fruit &amp; Milk F</p>	<p><b>20</b> <b>Santa's Sack</b>  <b>Purchase a Lunch &amp; receive a SURPRISE from Santa!</b> A</p>	<p><b>21</b> To Be  <b>ANNOUNCED!</b> B</p>



