

**JANUARY 2019**



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

**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

**Daily Entree Options may include:**

**PBJ Craveable:**

**PB&J with**

**String Cheese & Graham Snack**

**OR**

**Chef Salad w/ Roll**



**Chef Metz Investigates**



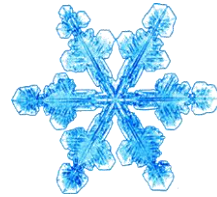
Lunch Prices  
\$2.10  
Reduced \$.40  
Adult \$3.25

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

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

USDA is an equal opportunity provider and employer.

**Monday**



**Tuesday**

**Happy  
New Year  
from the  
Cafeteria  
Staff!**

**Wednesday**

**2**  
Ham & Cheese  
on a Pretzel Roll  
or  
Chicken Sticks  
w/Breadstick  
**Featured Veggies:**  
French Fries  
Steamed Carrots  
Choice of Fruit & Milk  
C

**Thursday**

**3**  
Cheeseburger  
on a Bun  
or  
Ham BBQ Sandwich  
on a Bun  
**Featured Veggies:**  
Golden Corn  
Celery Sticks  
Choice of Fruit & Milk  
D

**Friday**

**4**  
Pepperoni Lover's  
Pizza  
or  
Fish Shapes  
w/Roll  
**Featured Veggies:**  
Green Beans  
Toss Salad  
Choice of Fruit & Milk  
E

**7**  
Chicken Patty Sandwich  
on a Bun  
or  
Cheese Steak Hoagie  
on a Bun  
**Featured Veggies:**  
Steamed Broccoli w/Cheese Sauce  
Cucumber Slices  
Choice of Fruit & Milk  
F

**8**  
Ham & Cheese  
Hoagie  
or  
Soft Shelled Beef Taco  
w/Toppings  
**Featured Veggies:**  
Shredded Lettuce  
Salsa  
Choice of Fruit & Milk  
A

**9**  
Cheeseburger  
on a Bun  
or  
Pulled Pork BBQ Sandwich  
on a Bun  
**Featured Veggies:**  
Tater Tots  
Carrot Sticks  
Choice of Fruit & Milk  
B

**10**  
Chicken Nuggets  
with Biscuit  
or  
Cheesy Hot Dog on  
a Bun  
**Featured Veggies:**  
Mashed Potatoes  
Baked Beans  
Choice of Fruit & Milk  
C

**11**  
Cheesy Pizza  
or  
Meatball Hoagie  
on a Bun  
**Featured Veggies:**  
Green Beans  
Com  
Choice of Fruit & Milk  
D

**14**  
Popcorn Chicken  
w/Roll  
or  
Ham & Cheese  
on a Pretzel Roll  
**Featured Veggies:**  
Tater Tots  
Celery  
Choice of Fruit & Milk  
E

**15**  
Walking Taco  
w/Roll  
or  
Cheesesteak Hoagie  
on a Bun  
**Featured Veggies:**  
Corn  
Salsa  
Choice of Fruit & Milk  
F

**16**  
Cheeseburger  
on a Bun  
or  
Corn Dog  
**Featured Veggies:**  
Baked Beans  
Fresh Carrots  
Choice of Fruit & Milk  
A

**17**  
Yogurt Craveable  
or  
Baked Italian Grinder  
**Featured Veggies:**  
Green Beans  
Cucumber Slices  
Choice of Fruit & Milk  
B

**18**  
Pepperoni Pizza  
or  
Fish Sandwich  
on a Bun  
**Featured Veggies:**  
Cherry Tomatoes  
Garden Peas  
Choice of Fruit & Milk  
C

**21**  
Chicken Nuggets  
w/Roll  
or  
Italian Meatball Hoagie  
w/Cheese  
**Featured Veggies:**  
Oven Fries  
Romaine Salad  
Choice of Fruit & Milk  
D

**22**  
Macaroni & Cheese  
or  
Pizza Craveable  
**Featured Veggies:**  
Garden Peas  
Celery w/Peanut Butter  
Choice of Fruit & Milk  
E

**23**  
French Toast Sticks  
w/Sausage Links  
or  
Breakfast Burrito  
w/Bacon, Egg & Cheese  
**Featured Veggies:**  
Tri Taters  
Chick Peas  
Choice of Fruit & Milk  
F

**24**  
Chicken Patty Sandwich  
on a Bun  
or  
Sloppy Joe on a  
Bun  
**Featured Veggies:**  
Broccoli w/Cheese  
Steamed Carrots  
Choice of Fruit & Milk  
A

**25**  
Cheesy Pizza  
or  
Pulled Pork BBQ Sandwich  
on a Bun  
**Featured Veggies:**  
Green Beans  
Fresh Broccoli w/Dip  
Choice of Fruit & Milk  
B

**28**  
Meatball Hoagie  
w/Cheese  
or  
Corn Dog  
**Featured Veggies:**  
Smiley Fries  
Fresh Celery  
Choice of Fruit & Milk  
C

**29**  
Spaghetti w/Meat Sauce  
or  
Ham & Cheese  
Hoagie  
**Featured Veggies:**  
Romaine Salad  
Garden Peas  
Choice of Fruit & Milk  
D

**30**  
Chicken Mashed  
Potato Bowl w/Roll  
or  
Rib-B-Que  
on a Bun  
**Featured Veggies:**  
Mashed Potatoes  
Com  
Choice of Fruit & Milk  
E

**31**  
Bacon Cheeseburger  
on a Bun  
or  
Hot Dog  
on a Bun  
**Featured Veggies:**  
Baked Beans  
Fresh Carrots  
Choice of Fruit & Milk  
F



