

August/September 2023



Elementary School Lunch Menu

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

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

Weekly Hoagie Selection


To add funds to your child's account, please visit:
SCHOOLCAFE.COM

****Menu subject to change due to product availability****

Lunch Prices
Student \$2.55
Reduced \$.00
Adult \$4.00

General Manager
Tracy Drank
Phone Number
570-674-7208 ext. 1039
ma1042@metzcorp.com

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
			8/24/23 Chicken Fingers Pretzel Stick or Ham & Cheese Hoagie Featured Veggies: Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk	8/25/23 Cheese Filled Breadsticks Marinara Dipping Sauce or Ham & Cheese Hoagie Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk
8/28/23 Fish Sticks Dinner Roll or Turkey & Cheese Hoagie Featured Veggies: Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk	8/29/23 Walking Tacos with Chips or Turkey & Cheese Hoagie Featured Veggies: Seasoned Corn Fresh Vegetables Choice of Fruit Choice of Milk	8/30/23 Chicken Patty on a Bun or Turkey & Cheese Hoagie Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	8/31/23 Pierogies Dinner Roll or Turkey & Cheese Hoagie Featured Veggies: Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	9/1/23 Cheese Pizza or Turkey & Cheese Hoagie Featured Veggies: Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
9/4/23 NO SCHOOL LABOR DAY	9/5/23 Soft Shell Tacos Topping Bar or Italian Hoagie Featured Veggies: Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	9/6/23 Hot Dog on a Bun or Italian Hoagie Featured Veggies: Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk	9/7/23 Chicken Fingers Dinner Roll or Italian Hoagie Featured Veggies: Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk	9/8/23 French Bread Pizza or Italian Hoagie Featured Veggies: Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk
9/11/23 Pepperoni Pizza Filled Breadsticks or Ham & Cheese Hoagie Featured Veggies: Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	9/12/23 Nacho Grande Topping Bar or Ham & Cheese Hoagie Featured Veggies: Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	9/13/23 Meatball Hoagie or Ham & Cheese Hoagie Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	9/14/23 Popcorn Chicken Dinner Roll or Ham & Cheese Hoagie Featured Veggies: Seasoned Corn Fresh Vegetables Choice of Fruit Choice of Milk	9/15/23 Grab & Go Lunch Available Wycallis Parents: Please sign the online form to purchase a lunch.
9/18/23 Breaded Chicken Nuggets Dinner Roll or Turkey & Cheese Hoagie Featured Veggies: Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	9/19/23 Walking Tacos with Chips or Turkey & Cheese Hoagie Featured Veggies: Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	9/20/23 Breakfast For Lunch French Toast Sticks Breakfast Sausage or Turkey & Cheese Hoagie Featured Veggies: Tater Tots Fresh Vegetables Choice of Fruit Choice of Milk	9/21/23 Hamburger or Cheeseburger on a Bun or Turkey & Cheese Hoagie Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	9/22/23 Cheese Filled Breadsticks Marinara Dipping Sauce or Turkey & Cheese Hoagie Featured Veggies: Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk
9/25/23 Chicken Fingers Pretzel Stick or Italian Hoagie Featured Veggies: Pea & Carrot Medley Fresh Vegetables Choice of Fruit Choice of Milk	9/26/23 Soft Shell Tacos Topping Bar or Italian Hoagie Featured Veggies: Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	9/27/23 Corn Dog on a Stick  or Italian Hoagie Featured Veggies: Steamed Broccoli Apple Slices with Carmel Choice of Fruit Choice of Milk	9/28/23 Hot Ham & Cheese on Pretzel Bun or Italian Hoagie Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	9/29/23 Grab & Go Lunch Available Wycallis Parents: Please sign the online form to purchase a lunch.