

Smethport Area Elementary School Lunch

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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



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:
Monday: Broccoli Florets
Tuesday: Baby Carrots
Wednesday: Dark Leafy Greens
Thursday: Legume Salads
Friday: 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



Milk Choices Offered Daily

Fat Free Chocolate, Low Fat Strawberry,
Fat Free White and Low Fat White

MENUS SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Daily Choices
		1/2 Hot Ham and Cheese on Croissant Petite Peas Mandarin Oranges Milk Choice	1/3 Mini Corn Dog Nuggets Steamed Carrots Berry Applesauce Milk Choice	1/4 Sloppy Joe on Bun Vegetable Medley Chilled Peaches Milk Choice	Peanut Butter and Jelly Sandwich Yogurt with Bread
1/7 Pierogies Dinner Roll Steamed Broccoli Sliced Pears Milk Choice	1/8 Meatball and Mozzarella Sub Seasoned Green Beans 100% Fruit Juice Milk Choice	1/9 Chicken and Gravy over Biscuits Mashed Potatoes Cinnamon Applesauce Milk Choice	1/10 French Toast Sticks Scrambled Eggs Hash Brown Rounds Mixed Fruit Milk Choice	1/11 Pulled Pork BBQ Sandwich Mixed Vegetables Sliced Peaches Milk Choice	
1/14 Beef and Cheese Taco Fluffy White Rice Refried Beans Cinnamon Applesauce Milk Choice	1/15 Cheesy Italian Dunkers with Marinara Sauce Buttery Corn Sweet Peaches Milk Choice	1/16 Gen Tso Chicken Over Rice Whole Grain Bread Steamed Broccoli Pineapple Tidbits Milk Choice	1/17 Baked Rigatoni Garlic Breadstick Vegetable Medley Fruit Cocktail Milk Choice	1/18 Crispy Chicken Tenders Whole Grain Bread Honey Glazed Carrots Mandarin Oranges Milk Choice	
1/21 NO School	1/22 Fish Sticks Dinner Roll Baked French Fries Chilled Pears Milk Choice	1/23 Chicken Parmesan Over Buttered Noodles Steamed Broccoli Mandarin Oranges Milk Choice	1/24 Barbeque Rib on Bun Bubby Baked Beans Cinnamon Applesauce Milk Choice	1/25 Chicken Fries Dinner Roll Seasoned Green Beans Juicy Peaches Milk Choice	 Whole Grains Available Daily
1/28 Creamy Chicken Alfredo Dinner Roll Steamed Broccoli Mixed Fruit Cup Milk Choice	1/29 Beef and Cheese Nachos Whole Grain Bread Corn Niblets Cinnamon Applesauce Milk Choice	1/30 Popcorn Chicken Sliced Bread Mashed Potatoes with Gravy Pineapple Tidbits Milk Choice	1/31 Grilled Hot Dog On Bun Bubby Baked Beans Mandarin Oranges Milk Choice		
Monday Grilled Hot Dog on Bun	Tuesday Crispy Chicken Patty Sandwich Chef Salad with Dinner Roll	Wednesday Cheeseburger on Bun	Thursday Chicken Nuggets with Bread Chef Salad with Dinner Roll	Friday Homemade Cheese Pizza	