

# Smethport Area High School Lunch Menu



Food Service Director: Erica Zeigler  
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 814-450-5143



Grilled Chicken Salad

Chef Salad with Turkey, Ham and Cheese

Available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
		1/2 Hot Ham and Cheese on Croissant Petite Peas Mandarin Oranges Fat Free Milk	1/3 Mini Corn Dog Nuggets Steamed Carrot Coins Berry Applesauce Fat Free Milk	1/4 Sloppy Joe on Bun Vegetable Medley Chilled Peaches Fat Free Milk
1/7 Sweet and Spicy Chicken Bowl Steamed Broccoli Sliced Pears Fat Free Milk	1/8 Meatball Sub with Mozzarella Cheese Seasoned Green Beans Mixed Fruit Fat Free Milk	1/9 Chicken and Gravy over Biscuits Mashed Potatoes Apple Crisp Fat Free Milk	1/10 French Toast Sticks Scrambled Eggs Hash Brown Nuggets 100% Fruit Juice Fat Free Milk	1/11 Pulled Pork BBQ Sandwich Mixed Vegetables Sliced Peaches Fat Free Milk
1/14 Beef and Cheese Tacos Refried Beans Cinnamon Applesauce Fat Free Milk	1/15 Cheesy Italian Dunkers with Marinara Sauce Buttery Corn Sweet Peaches Fat Free Milk	1/16 Gen Tso Chicken Fluffy White Rice Sliced Bread Steamed Broccoli Pineapple Tidbits Fat Free Milk	1/17 Baked Rigatoni Garlic Breadstick Vegetable Medley Fruit Cocktail Fat Free Milk	1/18 Crispy Chicken Tenders Whole Grain Bread Honey Glazed Carrots Mandarin Oranges Fat Free Milk
1/21 No School	1/22 Pork BBQ Loaded Waffle Fries Dinner Roll Chilled Pears Fat Free Milk	1/23 Chicken Parmesan over Buttered Noodles Seasoned Green Beans Mandarin Oranges Fat Free Milk	1/24 Philly Cheesesteak Sub Seasoned BBQ Baked Beans Cinnamon Applesauce Fat Free Milk	1/25 Chicken Fries Dinner Roll Seasoned Green Beans Sliced Peaches Fat Free Milk
1/28 Buffalo Chicken Alfredo Dinner Roll Steamed Broccoli Mixed Fruit Cup Fat Free Milk	1/29 Beef and Cheese Nachos Steamed Rice Corn Niblets Chilled Applesauce Fat Free Milk	1/30 Popcorn Chicken Bowl with Bread Mashed Potatoes and Gravy Pineapple Tidbits Fat Free Milk	1/31 BBQ Rib on Bun Bubbly Baked Beans Mandarin Oranges Fat Free Milk	
Monday Alternate: BBQ Rib on Bun Sliced Cucumbers	Tuesday Alternate: Crispy Chicken Patty Sandwich Baby Carrots	Wednesday Alternate: Cheeseburger on Bun Bean Salad	Thursday Alternate: Spicy Chicken Patty Sandwich Mixed Green Salad	Friday Alternate: Homemade Cheese Pizza Fresh Broccoli



Fruit and Yogurt Parfaits

Peanut Butter and Jelly Sandwich

Available Daily



\*Must take at least one 1/2 cup of fruit or vegetable

\*Vegetable Bar includes:

Broccoli Florets  
 Baby Carrots  
 Dark Leafy Greens  
 Legume Salads  
 Celery & Cucumber

\*Fruits include:

Crisp Apple  
 Sliced Peaches  
 Mixed Fruit  
 Fresh Orange  
 Banana  
 Pineapple Tidbits  
 Diced Pears  
 Applesauce



**Milk Choices Offered Daily:**  
 1% white, non-fat white, non-fat flavored

**Lunch Prices:**  
 Paid \$2.10  
 Reduced \$.40  
 Adult \$3.50

The Smethport Area 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



Whole Grains  
 Available Daily

**MENUS SUBJECT TO CHANGE**