



ELEMENTARY



OCTOBER

MAIN ENTRÉE

10/3/2022 Mini Corndog Nuggets (6) & WG Roll OR Daily alternative Vegetable of the day Tater Tots Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/4/2022 Popcorn Chicken w/ WG Roll OR Daily alternative Vegetable of the day Corn Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/5/2022 Chicken Nuggets w/ WG Roll OR Daily alternative Vegetable of the day Steamed Peas Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/6/2022 General Tso Chicken WG Rice OR Daily alternative Vegetable of the day Oriental Veggies Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/7/2022 French Bread Pizza (WG) OR Daily alternative Vegetable of the day Steamed Carrots Fresh Vegetable Choice Assorted Fruit Choice of Milk
10/10/2022 Stuffed Cheese Cannelloni Bake w/ WG Roll OR Daily alternative Vegetable of the day Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/11/2022 Reg Chicken Patty on WG Bun OR Daily alternative Vegetable of the day Steamed Green Beans Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/12/2022 French Toast Sticks w/ Sausage Patty OR Daily alternative Vegetable of the day Hashbrown Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/13/2022 Nachos w/ Meat & Cheese OR Daily alternative Vegetable of the day Corn Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/14/2022 Big Daddy Pizza Slice OR Daily alternative Vegetable of the day Steamed Carrots Fresh Vegetable Choice Assorted Fruit Choice of Milk
10/17/2022 WG Macaroni & Cheese w/ Pretzel Stick OR Daily alternative Vegetable of the day Steamed Green Beans Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/18/2022 Chicken Nuggets w/ WG Roll OR Daily alternative Vegetable of the day Baked Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	10/19/2022 Pierogies w/ Bosco Stick OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choices Assorted Fruit Choice of Milk	10/20/2022 Chicken Quesadilla w/ WG Spanish Rice OR Daily alternative Vegetable of the day Black Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	10/21/2022 Stuffed Crust Pizza OR Daily alternative Vegetable of the day Steamed Cauliflower Fresh Vegetable Choices Assorted Fruit Choice of Milk
10/24/2022 Cheese Ravioli w/ Marinara w/ Garlic Knots OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/25/2022 Hot Italian Hoagie OR Daily alternative Vegetable of the day Steamed Green Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	10/26/2022 Cheeseburger on WG Bun OR Daily alternative Vegetable of the day French Fries Fresh Vegetable Choices Assorted Fruit Choice of Milk	10/27/2022 Walking Taco OR Daily alternative Vegetable of the day Black Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	10/28/2022 Pizza Sticks w/ Marinara OR Daily alternative Vegetable of the day Steamed Cauliflower Fresh Vegetable Choices Assorted Fruit Choice of Milk
10/31/2022 Chicken Alfredo w/ Breadstick OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	11/2/2022 Grilled Chicken Sandwich on WG Bun OR Daily alternative Vegetable of the day Steamed Green Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	11/2/2022 Hot Ham & Cheese on WG Pretzel Bun OR Daily alternative Vegetable of the day French Fries Fresh Vegetable Choices Assorted Fruit Choice of Milk	11/3/2022 Chicken Soft Tacos (2) w/ Cheddar Cheese OR Daily alternative Vegetable of the day Black Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	11/4/2022 Fiestada Pizza OR Daily alternative Vegetable of the day Steamed Cauliflower Fresh Vegetable Choices Assorted Fruit Choice of Milk

DAILY ALTERNATIVES

MONDAY- GRILLED CHEESE SANDWICH
TUESDAY- WOW BUTTER OR PEANUT BUTTER & JELLY
WEDNESDAY-HAM & CHEESE SANDWICH
THURSDAY- WOW BUTTER OR PEANUT BUTTER & JELLY
FRIDAY- TURKEY & CHEESE SANDWICH

DAILY ALTERNATIVE SALADS

GRILLED CHICKEN SALAD
VEGETABLE SALAD



What is a Meal?
Students must choose at least 3/5 components available. A minimum of 1/2 cup serving of fruit AND/OR a minimum of 1/2 cup of vegetable must accompany a reimbursable lunch.

Meat or Meat alternative
Grain/Bread
Choice of Vegetable
Choice of Fruit
Choice of Milk: 1% white, FF white, FF chocolate, FF vanilla

****STUDENTS MAY TAKE UP TO 1 CUP FRUIT AND 1 CUP VEGETABLE BUT MUST CHOOSE MINIMALLY 1/2 CUP OF FRUIT OR VEGETABLE**

Weekly Vegetable Subgroups May Include:
Dark Green: Spinach, broccoli, romaine, and spring salad
Red/Orange: Carrots, Sweet Potatoes, tomatoes and red peppers
Legumes: Beans
Starchy: Potatoes, corn, peas, lima beans
Other Vegetables: Celery, Cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

FULL AND PART TIME CAFETERIA POSITIONS ARE CURRENTLY AVAILABLE! SEE WEBSITE OR CONTACT THE FOOD SERVICE DEPARTMENT FOR DETAILS 724-226-2400 xt. 4180

PRE-K STUDENTS ARE SERVE ALL, EACH STUDENT MUST TAKE ALL OPTIONS AVAILABLE TO MAKE A FULL REIMBURSABLE MEAL. GRADES 1-4 OFFER VS SERVE, STUDENTS MUST TAKE 3/5 OPTIONS AND ONE SHOULD BE AT LEAST 1/2 CUP FRUIT OR VEGETABLE

Food Service Director: swaffensmith@goldenrams.com

Menu subject to change.

This institution is an equal opportunity provider and employer