

April-May 2017 North Schuylkill After School Meals

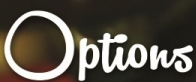


Food Service Director: Kim Shatalsky
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570-874-0466 ext. 2124 elementary ext. 3222

Monday	Tuesday	Wednesday	Thursday	Friday
4/24 Hot Dog on a Bun or Turkey and Cheese Sub Celery Sticks 100% Juice or Fresh Banana Fat Free Milk	4/25 Breaded Chicken Sandwich or Italian Hoagie Baby Carrots Applesauce or Fresh Orange Fat Free Milk	4/26 Cheeseburger on a Bun Or Chef Salad W/ Bread Celery Sticks 100% Juice or Fresh Apple Fat Free Milk	4/27 Chicken Strips w/ Bread Or Ham and Cheese Hoagie Celery Sticks 100% Juice or Fresh Apple Fat Free Milk	4/28 No Meals This Day
5/1 Cheeseburger on a Bun or Chef Salad with Bread Celery Sticks 100% juice or Fresh Apple Fat Free Milk	5/2 No Elementary Popcorn Chicken w/ Bread Or Turkey and Cheese Hoagie Baby Carrots Apple Sauce Cup or Fresh Orange Fat Free Milk	5/3 Ham And Cheese Sandwich or Crispy Chicken Salad Baby Carrots 100% Juice or Fresh Banana Fat Free Milk	5/4 Corn Dog Nuggets or Turkey and Cheese Hoagie Baby Carrots 100% Juice or Fresh Orange Fat Free Milk	5/5 No Meals This Day
5/8 Hot Dog on a Bun or Turkey and Cheese Sub Celery Sticks 100% Juice or Fresh Banana Fat Free Milk	5/9 Breaded Chicken Sandwich or Italian Hoagie Baby Carrots Applesauce or Fresh Orange Fat Free Milk	5/10 Cheeseburger on a Bun Or Chef Salad W/ Bread Celery Sticks 100% Juice or Fresh Apple Fat Free Milk	5/11 Chicken Strips w/ Bread Or Ham and Cheese Hoagie Celery Sticks 100% Juice or Fresh Apple Fat Free Milk	5/12 No Meals This Day
5/15 Cheeseburger on a Bun or Chef Salad with Bread Celery Sticks 100% juice or Fresh Apple Fat Free Milk	5/16 Popcorn Chicken w/ Bread Or Turkey and Cheese Hoagie Baby Carrots Apple Sauce Cup or Fresh Orange Fat Free Milk	5/17 Ham And Cheese Sandwich or Crispy Chicken Salad Baby Carrots 100% Juice or Fresh Banana Fat Free Milk	5/18 Corn Dog Nuggets or Turkey and Cheese Hoagie Baby Carrots 100% Juice or Fresh Orange Fat Free Milk	5/19 No Meals This Day
5/22 Hot Dog on a Bun or Turkey and Cheese Sub Celery Sticks 100% Juice or Fresh Banana Fat Free Milk	5/23 Breaded Chicken Sandwich or Italian Hoagie Baby Carrots Applesauce or Fresh Orange Fat Free Milk	5/24 Cheeseburger on a Bun Or Chef Salad W/ Bread Celery Sticks 100% Juice or Fresh Apple Fat Free Milk	5/25 Chicken Strips w/ Bread Or Ham and Cheese Hoagie Celery Sticks 100% Juice or Fresh Apple Fat Free Milk	5/26 No Meals This Day



Whole Grains Available Daily



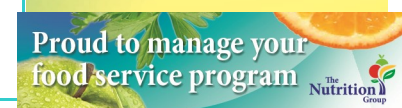
***Must take at least one 1/2 cup of fruit or vegetable**

***Vegetables may include:**
Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber

***Fruits include:**
Crisp Apple
Fresh Orange
Banana
Applesauce
Mixed Fruit



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



The North Schuylkill 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

MENUS SUBJECT TO CHANGE