

April/ May 2017

North Schuylkill High School Lunch Menu



Lunch Prices: Paid \$2.50
Reduced \$.40

The Garden

- Grilled Chicken Sandwich
- Roast Turkey & Cheese Salad
- Chicken Salad
- Garden Salad with Cheese
- Chef Salad
- Breaded Chicken Salad

4/24 Orange Glazed Popcorn Chicken Bread Slice Seasoned Rice Peas and Carrots Sliced Pears Fat Free Milk	4/25 Chili Con Carne Tortilla Chips Bread Slice Green Beans Mandarin Oranges Fat Free Milk	4/26 Penne Pasta w/ Meat sauce Garlic Stick Broccoli Florets Mixed Fruit Fat Free Milk	4/27 Cheese Steak Hoagie Oven Baked Fries Apple Sauce Fat Free Milk	4/28 Macaroni & Cheese Bread Slice Stewed Tomatoes Sweet Peas Mixed Fruit Fat Free Milk
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The Pizzeria

- Hot Buffalo Chicken Pizza
- Pepperoni Pizza
- Mozzarella Cheese Pizza
- Broccoli & Cheese Pizza

5/1 Buffalo Bites Hoagie W/ Shredded Mozzarella Glazed Carrots Pineapple Tidbits Fat Free Milk	5/2 Stuffed Baked Potato Topped w/ Seasoned Beef, Cheddar Cheese, & Sour Cream Broccoli Florets Apple Sauce Fat Free Milk	5/3 Spartan Chicken Bowl Popcorn Chicken Mashed Potatoes w/Gravy, Corn, Shredded Cheese, Bread Slice Mixed Fruit Fat Free Milk	5/4 Salisbury Steak Bread Slice Buttered Noodles Green Beans Sliced Pears Fat Free Milk	5/5 Cinco De Mayo Nacho Grande Seasoned Ground Beef Bread Slice Corn Diced Peaches Fat Free Milk
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Fresh Produce from Local Farms based on crop availability

Take Nutrition Global Day

The Deli

- Build your own Sub
- Spicy Italian Hoagie
- Buffalo Chicken
- Oven Roasted Turkey and Cheese Ham & Cheese

5/8 French Toast Sticks Sausage Patty Potato Rounds 100% Fruit Juice Fat Free Milk	5/9 Chicken Fajita On Soft Tortilla Shells Green Beans Mixed Fruit Fat Free Milk	5/10 Wacho's Waffle Fries Topped w/ Seasoned Beef, Salsa, Sour Cream, Cheese Bread Slice Pineapple Tidbits Fat Free Milk	5/11 Cheeseburger Mac Bread Slice Glazed Carrots Mandarin Oranges Fat Free Milk	5/12 Toasted Cheese w/ Tomato Soup Sweet Peas Peach Cup Fat Free Milk
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5/15 Buffalo Bites Hoagie W/ Shredded Mozzarella Glazed Carrots Pineapple Tidbits Fat Free Milk	5/16 Sweet and Sour Meatballs Over Buttered Noodles Bread Slice Green Beans Pineapple Tidbits Fat Free Milk	5/17 Chicken Alfredo W/ Penne Pasta Bread Stick Broccoli Florets Peach Cup Fat Free Milk	5/18 Breaded Pork Chop Bread Slice Mashed Potatoes w/ Gravy Apple Sauce Fat Free Milk	5/19 Macaroni & Cheese Bread Slice Stewed Tomatoes Sweet Peas Mixed Fruit Fat Free Milk
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5/22 Chicken Strips Bread Slice Oven Baked Fries Pineapple Tidbits Fat Free Milk	5/23 Cooks Choice Bread Slice Green Beans Mandarin Oranges Fat Free Milk	5/24 Cooks Choice Bread Slice Glazed Carrots Peach Cup Fat Free Milk	5/25 Spartan Chicken Bowl Popcorn Chicken Mashed Potatoes w/Gravy, Corn, Shredded Cheese, Bread Slice Mixed Fruit Fat Free Milk	5/26 Meatball Hoagie Broccoli Florets Apple Sauce Fat Free Milk
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Monday Alternate: Mini Corn Dogs	Tuesday Alternate: Cheeseburger on a Roll	Wednesday Alternate: Pork Riblet on a Roll	Thursday Alternate: Hot Ham and Cheese on a Pretzel Roll	Friday Alternate: Deluxe Chicken Sandwich on a Roll
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MENUS SUBJECT TO CHANGE

Proud to manage your food service program



Whole Grains Available Daily



Accompaniments

*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

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

5/30

- Chili Dogs
- Baked Beans
- Sliced Pears
- Fat Free Milk

5/31

- Chicken Patty on a Roll
- Green Beans
- Peach Cup
- Fat Free Milk