



North Schuylkill Secondary Menu

September 2024



What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch.

- Meat or Meat Alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread
- Choice of Milk

Daily Vegetable Choices May Include:

Spinach, Broccoli, Romaine Salad, Spring Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Lima Beans, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans, Cabbage and Green Peppers

Daily Fruit Choices May Include:

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges

Leave Your Lunch at Home

Daily entrée options may include:

- Cheese Burger on a Bun
- Chicken Patty on a Bun
- Chicken Nuggets with Pretzel Stick
- Cheese or Pepperoni Pizza



Daily Options may Include:

- Vegetable Garden Salad w / roll
- Ham or Turkey Salad w/ Roll
- Chef's Salad w/ roll
- Greek Salad w/ Roll
- Strawberry Spinach Salad w/ Roll

MONDAY
2-Sep

BRAYVO!
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NO SCHOOL

TUESDAY
3-Sep

Mac & Cheese with a Dinner Roll or Meatball Hoogie

FEATURED VEGGIES
Mixed Vegetables
Chilled Peaches
Choice of Fruit
Choice of Milk

WEDNESDAY
4-Sep

Lasagna Rollups or Chicken Sliders with Dipping Sauce

FEATURED VEGGIES
Sweet Carrots
Diced Pears
Choice of Fruit
Choice of Milk

THURSDAY
5-Sep

Chicken Quesadilla or Beef and Cheese Burrito

FEATURED VEGGIES
Black Beans
Mixed Fruit Cups
Choice of Fruit
Choice of Milk

FRIDAY
6-Sep

Ham and Cheese on a Pretzel Bun or Corn Dog Nuggets

FEATURED VEGGIES
Potato Wedges
Fresh Banana
Choice of Fruit
Choice of Milk

Bravo! One Asian Bar! Choice of Lo Mein or Rice Noodles, Beef, Chicken, Pork, Stir fried cabbage, sauteed red pepper strips, veggie stir fry, or steamed broccoli. Tossed with choice of Thai Peanut, Oriental Sesame, or Orange Ginger Sauce.

9-Sep

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Spaghetti & Meatballs or Baked Penne Garlic Bread

FEATURED VEGGIES
Broccoli
Fresh Apple
Choice of Fruit
Choice of Milk

10-Sep

Sweet and Spicy BBQ Chicken Bowl or Turkey Ranch Panini

FEATURED VEGGIES
Mixed Vegetables
Chilled Blueberries
Choice of Fruit
Choice of Milk

11-Sep

Hot Turkey Sandwich or Salisbury Steak warm Biscuit

FEATURED VEGGIES
Mashed Potatoes w/ Gravy
Mixed Fruit
Choice of Fruit
Choice of Milk

12-Sep

Cheese Beef Nachos or Pepperoni Pinwheels

FEATURED VEGGIES
Steamed Corn
Orange Wedges
Choice of Fruit
Choice of Milk

13-Sep

General Tso's Chicken Bowl or Korean BBQ Dumplings w/ Rice

FEATURED VEGGIES
Roasted Carrots
Pineapple Pieces
Choice of Fruit
Choice of Milk

Bravo! Breakfast Bar: Eggs, Bacon, Sausage, assorted Potatoes, French Toast, Waffles, Pancakes, assorted Toppings

16-Sep

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Buffalo Chicken Alfredo or Vegetarian Lasagna

FEATURED VEGGIES
Steamed Green Beans
Sliced Peaches
Choice of Fruit
Choice of Milk

17-Sep

French Toast Sticks with Sausage Patties or Egg, Ham, Cheese on a Muffin

FEATURED VEGGIES
Tater Tots
Cinnamon Apples
Choice of Fruit
Choice of Milk

18-Sep

Korean Meatball Bowl with Rice or Chicken Smackers

FEATURED VEGGIES
Steamed Broccoli
Fresh Banana
Choice of Fruit
Choice of Milk

19-Sep

Taco Potato Bowl or Loaded Nachos

FEATURED VEGGIES
Black Beans
Mixed Fruit Cup
Choice of Fruit
Choice of Milk

20-Sep

Popcorn Chicken PoBoy or Bacon Cheeseburger

FEATURED VEGGIES
Steamed Peas
Apple Slices
Choice of Fruit
Choice of Milk

Bravo! Mac and Cheese! Choice of house made cheese sauce, Taco Beef, Pulled Pork, Buffalo chicken, or Chili. Topped with Roasted Lemon-Parmesan Broccoli, and Sautéed Red Peppers, choice of Shredded cheese

23-Sep

BRAYVO!
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Pasta with Meatballs or Chicken Parm with Pasta

FEATURED VEGGIES
Italian Green Beans
Diced Pears
Choice of Fruit
Choice of Milk

24-Sep

Buffalo Chicken Stromboli or Grilled Cheese with Tomato Soup

FEATURED VEGGIES
Steamed Carrots
Blueberries
Choice of Fruit
Choice of Milk

25-Sep

Popcorn Chicken Bowl with Sliced Bread or BBQ Rib Sandwich

FEATURED VEGGIES
Mashed Potatoes
Strawberries
Choice of Fruit
Choice of Milk

26-Sep

Homemade Meatloaf with Gravy or California Chicken Sandwich

FEATURED VEGGIES
Potato Wedges
Broccoli
Choice of Fruit
Choice of Milk

27-Sep

BBQ Chicken wings with Garlic Knot or Beef and Cheese Enchiladas

FEATURED VEGGIES
Corn and Black Bean Salad
Mandarin Oranges
Choice of Fruit
Choice of Milk

Bravo! Texas Smokehouse! Dry Rubbed BBQ Chicken or Pork, Ranch Taters, Zesty County Green Beans, BBQ Baked Beans, Slaw, and Melons. Choice of Brioche Roll, Texas Toast, Biscuits, and a variety of BBQ sauces

30-Sep

BRAYVO!
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Buffalo Chicken Dip with Tortilla Chips or Pulled Pork Sandwich

FEATURED VEGGIES
Glazed Carrots
Celery Sticks
Choice of Fruit
Choice of Milk

Bravo! Pasta! Choice of two daily pastas, alternating daily sauces, fresh baked breads, fresh bruschetta, and herbed parmesan cheese

USDA is an equal opportunity provider and employer.



LUNCH PRICES:
Student \$0.00
Reduced \$0.00
Adult \$3.50

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