



# August 2024

# North Schuylkill CACFP MENU

### What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

**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 - 1% white, and fat-free chocolate

### Weekly Vegetable Subgroups May Include:

**Dark green** - spinach, broccoli, romaine and spring salad

**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers

### Beans/Peas

**Starchy** - white potatoes, corn, and lima beans

**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

### Featured Fruit May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Monday

Tuesday

Wednesday

Thursday

Friday

1

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19

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30

Hot Ham and Cheese on a Pretzel Roll

Diced Peaches

**Featured Veggies:**

Fresh Celery

Fresh Carrots

Featured Fruit

Choice of Milk

Cheeseburger on a Bun

Applesauce

**Featured Veggies:**

Baked Fries

Sliced Tomatoes

Featured Fruit

Choice of Milk

Chicken Nuggets with Bread

Diced Pears

**Featured Veggies:**

Steamed Broccoli

Cucumber Slices

Featured Fruit

Choice of Milk

Turkey and Cheese Wrap

Apple

**Featured Veggies:**

Steamed Peas

Chick Peas

Featured Fruit

Choice of Milk

NO SCHOOL

Lunch Prices  
Student \$0.00  
Reduced: \$0.00  
Adult \$3.50

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