



September

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

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

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Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
NO SCHOOL Labor Day	Cheese Pizza  Fresh Orange <b>Featured Veggies:</b> Steamed Green Beans Garden Salad Featured Fruit Choice of Milk	Meatball Hoagie  Applesauce Cup <b>Featured Veggies:</b> Steamed Broccoli Cherry Tomatoes Featured Fruit Choice of Milk	Teriyaki Chicken With Rice  Pear Halves <b>Featured Veggies:</b> Steamed Carrots Fresh Broccoli Featured Fruit Choice of Milk	Chicken Patty on a Bun  Sliced Peaches <b>Featured Veggies:</b> Tater Tots Cucumber Slices Featured Fruit Choice of Milk
9 Beef Tacos  Pineapple Pieces <b>Featured Veggies:</b> Steamed Corn Black Beans Featured Fruit Choice of Milk	10 Pepperoni Pizza  Fresh Orange <b>Featured Veggies:</b> Steamed Green Beans Garden Salad Featured Fruit Choice of Milk	11 Chicken Nuggets with Bread  Fresh Banana <b>Featured Veggies:</b> Baked Fries Garden Salad Featured Fruit Choice of Milk	12 Sweet & Sour Dumplings with Rice  Pear halves <b>Featured Veggies:</b> Fresh Celery Fresh Carrots Featured Fruit Choice of Milk	13 Pulled Pork on a Bun  Sliced Peaches <b>Featured Veggies:</b> Baked Fries Cucumber Slices Featured Fruit Choice of Milk
16 Chicken Quesadilla  Pineapple Pieces <b>Featured Veggies:</b> Steamed Corn Black Beans Featured Fruit Choice of Milk	17 Sausage Pizza  Fresh Orange <b>Featured Veggies:</b> Steamed Green Beans Garden Salad Featured Fruit Choice of Milk	18 Bacon Cheeseburger  Diced Peaches <b>Featured Veggies:</b> Fresh Celery Fresh Carrots Featured Fruit Choice of Milk	19 Grilled Cheese Sandwich  Applesauce <b>Featured Veggies:</b> Baked Fries Sliced Tomatoes Featured Fruit Choice of Milk	20 Spaghetti with Meatballs Garlic Bread Diced Peas <b>Featured Veggies:</b> Steamed Broccoli Cucumber Slices Featured Fruit Choice of Milk
23 Italian Panini  Apple <b>Featured Veggies:</b> Steamed Peas Chick Peas Featured Fruit Choice of Milk	24 Buffalo Chicken Pizza  Fresh Orange <b>Featured Veggies:</b> Steamed Carrots Garden Salad Featured Fruit Choice of Milk	25 Salisbury Steak with Dinner Roll  Diced Peaches <b>Featured Veggies:</b> Mashed Potatoes w/ Gravy Fresh Carrots Featured Fruit Choice of Milk	26 Chicken Tenders with a Garlic Knot  Fresh Banana <b>Featured Veggies:</b> Sweet Potato Fries Green Beans Featured Fruit Choice of Milk	27 Hotdog on a Bun  Diced Peas <b>Featured Veggies:</b> Baked Beans Sweet Corn Featured Fruit Choice of Milk
30 Hot Ham and Cheese on a Pretzel Roll  Applesauce <b>Featured Veggies:</b> Oven Fries Steamed Broccoli Featured Fruit Choice of Milk				

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