August 2024

North Schuylkill ELEMENTARY LUNCH 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

LEAVE YOUR LUNCHBOX AT HOME!
DAILY ALTERNATES.

Craveable
Week of August 26: Nacho Craveable

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26 Popcorn Chicken Bowl with Sliced Bread **Featured Veggies:** Mashed Potatoes Orange Wedges Featured Fruit Choice of Milk	27 Beef Nachos with Queso Fiesta Rice **Featured Veggies:** Steamed Corn Diced Pears Featured Fruit Choice of Milk	28 Baked Penne Garlic Bread **Featured Veggies:** Sweet Peas Red Apple Featured Fruit Choice of Milk	29 Pepperoni Pinwheels **Featured Veggies:** Green Beans Diced Peaches Featured Fruit Choice of Milk	30 NO SCHOOL

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

Tanya Hughes

1-570-874-0466 ext. 2121

ma1152@metzcorp.com

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