



September 2024

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 September 2: Bread Stick Dippers

Week of September 9: Super Fruit

Week of September 16: PB & J

Week of September 23: MTO Pizza

Week of September 30: Nacho

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

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North Schuylkill ELEMENTARY LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL Labor Day	3 Broccoli Pizza Featured Veggies: Oven Roasted Carrots Fresh Orange Featured Fruit Choice of Milk	4 Chicken Quesadilla Featured Veggies: Black Bean & Corn Salad Assorted Juice Featured Fruit Choice of Milk	5 Grilled Cheese Sandwich with Tomato Soup Featured Veggies: Carrot Coins Fresh Banana Featured Fruit Choice of Milk	6 Creamy Mac & Cheese with Garlic Toast Featured Veggies: Steamed Broccoli Mandarin Oranges Featured Fruit Choice of Milk
9 Meatball and Mozzarella Hoagie Featured Veggies: Steamed Green Beans Diced Peaches Featured Fruit Choice of Milk	10 Italian Dunkers w/ Marinara Sauce Featured Veggies: French Fries Apple Slices Featured Fruit Choice of Milk	11 Pulled Pork Nachos Featured Veggies: Golden Corn Chilled Mixed Fruit Featured Fruit Choice of Milk	12 Steak & Cheese Hoagie with Peppers and Onions Featured Veggies: Steamed Corn Red Apple Featured Fruit Choice of Milk	13 Chicken Parm. Over Pasta Featured Veggies: Green Beans Pineapple Tidbits Featured Fruit Choice of Milk
16 Teriyaki Dumplings w/ Chicken Fried Rice Featured Veggies: Assorted Juice Featured Fruit Choice of Milk	17 Fish Sticks w/ Garlic Toast Featured Veggies: Buttered Carrots Chilled Pears Featured Fruit Choice of Milk	18 Orange Chicken Bowl with Steamed Rice Featured Veggies: Mixed Vegetables Fresh Orange Featured Fruit Choice of Milk	19 Salisbury Steak with a Dinner Roll Buttered Noodles Featured Veggies: Steamed Peas and Carrots Fruit Cocktail Featured Fruit Choice of Milk	20 Spaghetti and Meatballs with Sliced Bread Featured Veggies: Steamed Broccoli Citrusy Mandarin Oranges Featured Fruit Choice of Milk
23 Chicken and Gravy Over Biscuit Featured Veggies: Mashed Potatoes Pineapple Tidbits Featured Fruit Choice of Milk	24 Pepperoni Pizza Featured Veggies: Steamed Carrots Diced Pears Featured Fruit Choice of Milk	25 French Toast Sticks with Sausage Featured Veggies: Tater Tots Assorted Juice Featured Fruit Choice of Milk	26 Chicken tenders with a Garlic Knot Featured Veggies: Sweet Potato Fries Green Beans Featured Fruit Choice of Milk	27 Hot Dog on a Bun Featured Veggies: Baked Beans Garden Peas Featured Fruit Choice of Milk
30 Hot Ham and Cheese On a Pretzel Roll Featured Veggies: Oven Fries Steamed Broccoli Featured Fruit Choice of Milk				

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