



# North Schuylkill Secondary Menu

## August 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

TUESDAY

WEDNESDAY

THURSDAY  
1-Aug

FRIDAY  
2-Aug

Entrée				
5-Aug	6-Aug	7-Aug	8-Aug	9-Aug
12-Aug	13-Aug	14-Aug	15-Aug	16-Aug
19-Aug	20-Aug	21-Aug	22-Aug	23-Aug
26-Aug	27-Aug	28-Aug	29-Aug	30-Aug
Poblanos Mex-American! Choice of soft or hard-shell Tortillas, Tortilla Chips, Seasoned Beef, Chicken, or Pork, Nacho Cheese, topped with Ranch Refried Beans, Rice, Mexican Corn and a variety of salsas				
Italian Dunkers w/ Marinara Sauce or Boneless Wings w/ Sliced Bread <b>FEATURED VEGGIES</b> Steamed Broccoli Apple Sauce Choice of Fruit Choice of Milk	Beef nachos with Queso or Chicken Nachos <b>FEATURED VEGGIES</b> Steamed Rice Golden Corn Choice of Fruit Choice of Milk	Cheeseburger on a Bun or Italiano Panini <b>FEATURED VEGGIES</b> Baked Fries Mandarin Oranges Choice of Fruit Choice of Milk	Pasta with Meat Sauce or Chicken Alfredo <b>FEATURED VEGGIES</b> Steamed Green Beans Apple Slices Choice of Fruit Choice of Milk	NO SCHOOL



**LUNCH PRICES:**  
 Student \$0.00  
 Reduced \$.00  
 Adult \$3.50

**Tanva Hughes**  
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