



# SCHOOL DISTRICT PRE-K 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

**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

**Daily Fruit Selection May Include:**  
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**Lunch Prices**  
Student \$0.00  
Adult \$3.86

**General Manager**  
Tracy Drank  
**Assistant Manager**  
Ryan Shissler

**Phone Number**  
570-825-5588  
**Email**  
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Monday	Tuesday	Wednesday	Thursday	Pizza Friday!
<p><b>29</b></p> <p>Chicken Tenders w/ Dinner Roll</p> <p><b>Featured Veggies:</b> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>30</b></p> <p>Italian Dunkers with Sauce</p> <p><b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>31</b></p> <p>Chicken Patty On a Bun</p> <p><b>Featured Veggies:</b> Mixed Vegetables Fresh Vegetables Bongo Blueberries Choice of Milk</p>	<p><b>1</b></p> <p>Cheese Pizza</p> <p><b>Featured Veggies:</b> Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>2</b></p> <p><b>NO SCHOOL</b></p>
<p><b>5</b></p> <p><b>NO SCHOOL</b></p>	<p><b>6</b></p> <p>Chicken Nuggets Dinner Roll</p> <p><b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>7</b></p> <p>Cheeseburger on a Bun</p> <p><b>Featured Veggies:</b> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>8</b></p> <p>BBQ Rib Sandwich</p> <p><b>Featured Veggies:</b> Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>9</b></p> <p>Cheese Pizza</p> <p><b>Featured Veggies:</b> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk</p>
<p><b>12</b></p> <p>Chicken Nuggets Dinner Roll</p> <p><b>Featured Veggies:</b> Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>13</b></p> <p>Breaded Fish Sticks Dinner Roll</p> <p><b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>14</b></p> <p>Chicken Patty On a Bun</p> <p><b>Featured Veggies:</b> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>15</b></p> <p>Hot Ham and Cheese On a Pretzel Roll</p> <p><b>Featured Veggies:</b> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>16</b></p> <p>Cheese Pizza</p> <p><b>Featured Veggies:</b> Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk</p>
<p><b>19</b></p> <p>Cheeseburger on a Bun</p> <p><b>Featured Veggies:</b> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>20</b></p> <p>Chicken Tenders Dinner Roll</p> <p><b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>21</b></p> <p>Chicken &amp; Cheese Quesadilla</p> <p><b>Featured Veggies:</b> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>22</b></p> <p>Pierogies with Butter Dinner Roll</p> <p><b>Featured Veggies:</b> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>23</b></p> <p>Cheese Pizza</p> <p><b>Featured Veggies:</b> Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk</p>
<p><b>26</b></p> <p>Sloppy Joe on Hawaiian Roll</p> <p><b>Featured Veggies:</b> Steamed Peas Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>27</b></p> <p>Chicken Patty On a Bun</p> <p><b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>28</b></p> <p>Italian Dunkers with Sauce</p> <p><b>Featured Veggies:</b> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>29</b></p> <p>Macaroni &amp; Cheese Dinner Roll</p> <p><b>Featured Veggies:</b> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>30</b></p> <p>Cheese Pizza</p> <p><b>Featured Veggies:</b> Steamed Carrots Fresh Vegetables Choice of Fruit Choice of Milk</p>