

Secondary October Lunch Menu



Shikellamy
School District

WHAT MAKES A MEAL?

MEAT OR MEAT ALTERNATIVE

VEGETABLE, FRUIT

GRAIN, BREAD,

AND CHOICE OF MILK

**Students must choose at least one fruit or vegetable*



MENUS SUBJECT TO CHANGE

Milk Choices Offered Daily

- Fat Free White Milk
- Fat Free Chocolate Milk 20
- 1% White Milk 13
- Served Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			10/1 Pasta w/Meat Sauce & Bread 50 Or Hot Dog on Bun 30 Mixed vegetables 12 Pears 16 Milk	10/2 Cheese Pizza 28 Or Pulled Pork Sandwich 44 Corn 17 Applesauce 12 Milk	Daily Choice of: Tuna Melt 33 Plain Chicken Sand 41 Spicy Chicken Sand 46 PB&J Sandwich 58 Hoagie & Assorted Wraps Salads & Yogurt
10/5 French Toast Sticks w/ Sausage patties 42 Or Meatball Hoagie 40 Tater Tots 16 Pineapple Tidbits 22 Milk	10/6 Beef & Cheese Nachos Or 41 Buffalo Chicken Dipper w/ Chips 35 Corn 17 Cinnamon Sliced Apples 15 Milk	10/7 Popcorn Chicken w/ Bread Or 29 Double Cheeseburger on a Bun 33 Mashed Potatoes w/ Gravy 18 Mixed Fruit 13 Milk	10/8 Pulled Pork Loaded Fries W/ Bread Slices 53 Or Chicken Parm Sandwich 46 Broccoli 2 Pears 16 Milk	10/9 Buffalo Pizza 55 Or Ham & Cheese Pretzel Melt 32 Green Beans 7 Applesauce 12 Milk	Daily Choice of: Bean & Cheese Burrito 44 Plain Chicken Sand 41 Spicy Chicken Sand 46 PB&J Sandwich 58 Hoagie & Assorted Wraps Salads & Yogurt
10/12 Sweet & Sour pork w/ Rice Or 60 Turkey & Cheese Pretzel Melt 31 Steamed Broccoli 2 Pineapple Tidbits 22 Milk	10/13 Beef & Cheese Walking Taco w/Bread 44 Or Double Cheeseburger on a Bun 33 Corn 17 Peaches 16 Milk	10/14 Italian Dunkers w/ Side of Sauce 44 Or Cheesesteak Hoagie 31 Green Beans 7 Mixed Fruit 13 Milk	10/15 Macaroni & Cheese w/ Bread Slice 40 Or Sloppy Joe on a Bun 40 Mixed vegetables 12 Pears 16 Milk	10/16 Assorted Cheese Pizza 41 Or Chicken Quesadilla 34 Steamed Carrots 7 Applesauce 12 Milk	Daily Choice of: BBQ Rib Sandwich 42 Plain Chicken Sand 41 Spicy Chicken Sand 46 PB&J Sandwich 58 Hoagie & Assorted Wraps Salads & Yogurt
10/19 General Tso Chicken w/ rice Or 48 Italian Dunkers 44 Steamed Broccoli 2 Pineapple Tidbits 22 Milk	10/20 Beef & Cheese Soft tacos 35 Or Hot Sicilian Melt 32 Corn 17 Cinnamon Sliced Apples 15 Milk	10/21 BBQ Pork Flatbread 47 Or Bacon Cheeseburger on a Bun 31 Green Beans 7 Mixed Fruit 13 Milk	10/22 Sweet & Spicy BBQ Chicken Bowl 95 or Toasted Cheese Sandwich 34 Mixed vegetables 12 Pears 16 Milk	10/23 Cheese Pizza 41 Or Pulled Pork Sandwich 44 French Fries 18 Applesauce 12 Milk	Daily Choice of: Hot Dog on a Bun 30 Plain Chicken Sand 41 Spicy Chicken Sand 46 PB&J Sandwich 58 Hoagie & Assorted Wraps Salads & Yogurt
10/26 French Toast Sticks w/ Sausage patties 42 Or Cheesesteak Hoagie 31 Tater Tots 16 Pineapple Tidbits 22 Milk	10/27 Beef & Cheese nachos Or 41 Buffalo Chicken Dipper w/ Chips 35 Corn 17 Peaches 16 Milk	10/28 Rigatoni w/ Meat Sauce & Bread Stick 45 Or Double Cheeseburger on a Bun 33 Green Beans 7 Mixed Fruit 13 Milk	10/29 Orange Kissed Chicken Bowl w/ Rice 47 Or Meatball Hoagie 40 Steamed Broccoli 2 Pears 16 Milk	10/30 Teacher In Service- No School	
					Daily Choice of: Hot Ham & Cheese Pretzel Melt 32 Plain Chicken Sand 41 Spicy Chicken Sand 46 PB&J Sandwich 58 Hoagie & Assorted Wraps Salads & Yogurt