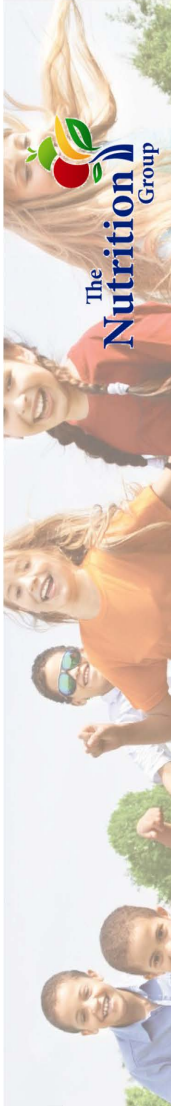


Stourbridge Elementary October Lunch Menu

Food Service Director: Ryne Spaulding
Email: rspaulding@whsdc12.com
Phone: 570-253-6083



What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

*Vegetables may include:
Crisp Apple
Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber
*May choose two 1/2 cup servings

*Fruits may include:
Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce
*May choose one 1/2 cup serving

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free White and Low Fat White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Mini Corn Dog Nuggets Green Beans Dice Peaches Low Fat Milk	4 Cheese Steak Hoagie Steamed Broccoli Mandarin Oranges Low Fat Milk 12:30 Dismissal	5 Pasta and Meat Sauce Slice Bread Lima Beans Sliced Pear Low Fat Milk	6 Popcorn Chicken Slice Bread Gravy Mashed Potato Mix Fruit Low Fat Milk	7 Pizza Mixed Vegetable Apple Sauce Low Fat Milk PUDDING!
10 Sloppy Joe on a Bun Sliced Carrots Peaches Low Fat Milk	11 Chicken Nuggets Slice Bread Peas Sliced Apple Low Fat Milk Kindergarten Lunch For Life!	12 Pierogies Slice Bread Tater Tots Apple Slices Low Fat Milk Kindergarten Lunch For Life!	13 Grilled Cheese Tomato Soup Green Beans Pears Low Fat Milk Kindergarten Lunch For Life!	14 Chicken Fajita Bacon Ranch Wrap Rice Steamed Corn Pineapple Tidbits Low Fat Milk
NATIONAL SCHOOL LUNCH WEEK!!				
17 Breaded Chicken Parmesan Pasta Broccoli Mandarin Orange Low Fat Milk	18 Meatball Hoagie w/ Mozzarella Cheese French Fries Mixed Fruit Low Fat Milk	19 Macaroni and Cheese Dinner Roll Steamed Carrots Apple Sauce Low Fat Milk	20 Chicken Strips Slice Bread Seasoned Green Beans Peaches Low Fat Milk	21 Salisbury Steak Bread Slices Corn Pears Low Fat Milk
24 Breaded Pork Over Noodles Sliced Carrots Diced Pears Low Fat Milk	25 Cheese Steak Hoagie French Fries Pineapple Tidbits Low Fat Milk	26 Pasta and Meatballs Slice Bread Green Beans Mixed Fruit Low Fat Milk	27 Chicken Nuggets Slice Bread Steamed Broccoli Cinnamon Apple Sauce Low Fat Milk 12:30 Dismissal	28 Italian Dunkers Dipping Sauce Peas Peaches Low Fat Milk
31 Meatball Hoagie w/ Shredded Cheese Steamed Carrots Diced Pears Low Fat Milk				The Foodservice Department is now offering Classroom Birthday Celebration packages. Order forms can be found on the District website. The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE
				
Lunch Prices: Paid \$2.60 Reduced \$.40				