

Southern Tioga Elementary Lunch Menu April 2017

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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:
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 Strawberry,
Fat Free White and Low Fat White

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | Weekly Choices |
|------|--|---|--|--|--|---|
| 4/3 | Potato Puff Casserole WG Bread (2) Steamed Carrots Cinnamon Applesauce Low Fat Milk | 4/4 Chicken Nuggets Buttered Noodles Steamed Broccoli Chilled Pears Low Fat Milk | 4/5 Soft Beef Tacos Corn Niblets Pineapple Tidbits Low Fat Milk | 4/6 Pepperoni Roll Up Seasoned Green Beans Mixed Fruit Low Fat Milk | 4/7 Fish Sticks WG Bread French Fries Mandarin Oranges Low Fat Milk | *Chef Salad with Roll *Peanut Butter and Jelly Sandwich **"Munchables" See Listing below |
| 4/10 | Swedish Meatballs Over Noodles WG Bread Steamed Broccoli Pineapple Tidbits Low Fat Milk | 4/11 Popcorn Chicken Bowl w/ Mashed Potatoes and Corn WG Bread Sliced Peaches Low Fat Milk | 4/12 Beef Nachos WG Rice Refried Beans Pineapple Tidbits Low Fat Milk | 4/13 Cheesy Scalloped Potatoes and Ham WG Roll Sweet Peas Apple Crisp Low Fat Milk | 4/14 NO SCHOOL | Week 1-Bologna & Cheese Week 2-Chicken Nugget Week 3-Nacho Dippers Week 4-Ham & Cheese Week 5- Pizza Dippers |
| 4/17 | Southern Pork Chop Buttered Noodles Seasoned Green Beans Mixed Fruit Low Fat Milk | 4/18 Sloppy Joe on WG Roll Steamed Broccoli Sliced Peaches Low Fat Milk | 4/19 Italian Stromboli Steamed Carrots Chilled Peaches Low Fat Milk | 4/20 Turkey and Gravy over Biscuit Mixed Vegetables Applesauce Low Fat Milk | 4/21 EARTH DAY Hot Dog on WG Roll Tater Tots Pineapple Tidbits Low Fat Milk **Dirt Pudding** |  Fresh Produce from Tioga County Greens and Landon's Orchard based on crop availability |
| 4/24 | Grilled Cheese Tomato Soup Steamed Carrots Mandarin Oranges Low Fat Milk | 4/25 Pulled Pork BBQ on WG Roll Sweet Peas Chilled Pears Low Fat Milk | 4/26 Cooks Choice <i>Wellness Wednesday at LES Chickpea & Tomato Salad</i> | 4/27 French Toast Sticks Sausage Patties Emoji Fries Applesauce Low Fat Milk | 4/28 Beef Stroganoff Over Noodles WG Bread Seasoned Green Beans Sliced Peaches Low Fat Milk | 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 |
| |  | | | |  |  Whole Grains Available Daily |
| | Monday Chicken Tenders with Bread Fresh Cucumbers | Tuesday Corn Dog Nuggets Baby Carrots | Wednesday Chicken Patty on Bun Bean Salad | Thursday Cheeseburger on WG Roll Tossed Salad | Friday Cheese Pizza Fresh Broccoli | Lunch Prices: Paid \$ 2.20 Reduced \$0.40 Adult \$3.70 |