



**Schuylkill Haven School District
LUNCH MENU
OCTOBER 2019**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>30 <u>BREAKFAST</u></p> <p>Muffin Whole Grain Cereal Fresh Fruit or Juice</p> <p align="center"><u>LUNCH</u></p> <p>A. Hot Dog B. Chipped Ham & Cheese C. P.B. & Jelly</p> <p>Baked Beans Sauerkraut Mashed Potatoes Applesauce Orange</p>	<p>1 <u>BREAKFAST</u></p> <p>Strawberry Pancake Fresh Fruit or Juice</p> <p align="center"><u>LUNCH</u></p> <p>A. Chicken Parmesan B. Chipped Ham & Cheese C. P.B. & Jelly</p> <p>Celery Sticks Buttered Pasta Steamed Broccoli Apple Slices</p>	<p>2 <u>BREAKFAST</u></p> <p>Pop-Tart Whole Grain Cereal Fresh Fruit or Juice</p> <p align="center"><u>LUNCH</u></p> <p>A. French Bread Pizza B. Chipped Ham & Cheese C. P.B. & Jelly</p> <p>Corn Salad Peaches Banana</p>	<p>3 <u>BREAKFAST</u></p> <p>Bagel Yogurt Fresh Fruit or Juice</p> <p align="center"><u>LUNCH</u></p> <p>A. Taco In A Bag B. Chipped Ham & Cheese C. P.B. & Jelly</p> <p>Lettuce-Tomato Cup Cheese - Salsa Soft Pretzel Fruit Sherbet</p>	<p>4 <u>BREAKFAST</u></p> <p>Breakfast Grabber Fresh Fruit</p> <p align="center"><u>LUNCH</u></p> <p>A. Personal Pan Pizza B. Chipped Ham & Cheese C. P.B. & Jelly</p> <p>Steamed Broccoli & Cauliflower Fresh Veggie Choice Pineapples Apple Sauce</p>
<p>7 <u>BREAKFAST</u></p> <p>Apple Frudel Fresh Fruit or Juice</p> <p align="center"><u>LUNCH</u></p> <p>A. Turkey Pot-Pie B. Lebanon Bologna C. P.B. & Jelly</p> <p>Salad-Cherry Tomatoes Garbanzo Beans Dinner Roll/Spread Apple Sauce Grapes</p>	<p>8 <u>BREAKFAST</u></p> <p>Yogurt Muffin Fresh Fruit or Juice</p> <p align="center"><u>LUNCH</u></p> <p>A. Pasta w/Meat Sauce B. Pizza C. P.B. & Jelly</p> <p>Garbanzo Beans Romaine Salad - Tomatoes Dinner Roll (H.S.) Pears Clementine</p>	<p>9 <u>BREAKFAST</u></p> <p>Egg Omelet English Muffin Fresh Fruit or Juice</p> <p align="center"><u>LUNCH</u></p> <p>A. Pop-Corn Chicken B. Pizza C. P.B. & Jelly</p> <p>Mashed Potatoes Corn-Bread Stick Cucumber Slices Pineapples Grapes</p>	<p>10 <u>BREAKFAST</u></p> <p>French Toast Sticks Fresh Fruit or Juice</p> <p align="center"><u>LUNCH</u></p> <p>A. Turkey Sub B. Pizza C. P.B. & Jelly</p> <p>Pickles Sun Chips Baby Carrots Mandarin Oranges Peaches</p>	<p>11 <u>BREAKFAST</u></p> <p>Breakfast Grabbers Fresh Fruit</p> <p align="center"><u>LUNCH</u></p> <p>A. Toasted Cheese B. Pizza C. P.B. & Jelly</p> <p>Celery w/Dip Tomato Soup Banana Applesauce</p>
<p>14 <u>BREAKFAST</u></p> <p align="center"><u>In-Service Day</u></p>	<p>15 <u>BREAKFAST</u></p> <p>Mini Muffin Whole Grain Cereal Fresh Fruit or Juice</p> <p align="center"><u>LUNCH</u></p> <p>A. Corn Dog Nuggets B. Lebanon Bologna C. P.B. & Jelly</p> <p>Potato Fries Cucumbers Mixed Fruit Orange</p>	<p>16 <u>BREAKFAST</u></p> <p>Cinni Mini Fresh Fruit or Juice</p> <p align="center"><u>LUNCH</u></p> <p>A. Egg/Cheese on Croissant B. Lebanon Bologna C. P.B. & Jelly</p> <p>Hash Brown Baby Carrots Juice Cup Banana</p>	<p>17 <u>BREAKFAST</u></p> <p>Waffles Fresh Fruit or Juice</p> <p align="center"><u>LUNCH</u></p> <p>A. Chicken Fajita B. Lebanon Bologna C. P.B. & Jelly</p> <p>Lettuce-Tomatoes Cheese-Salsa Soft Pretzel Pineapples</p>	<p>18 <u>BREAKFAST</u></p> <p>Breakfast Grabbers Fresh Fruit</p> <p align="center"><u>LUNCH</u></p> <p>A. Mac & Cheese B. Lebanon Bologna C. P.B. & Jelly</p> <p>Stewed Tomatoes-Carrots Celery w/dip Sherbet Cup Apple Slices</p>
<p>21 <u>BREAKFAST</u></p> <p>Graham Cracker Yogurt Fresh Fruit or Juice</p> <p align="center"><u>LUNCH</u></p> <p>A. Cheese Burger B. Hot Dog C. P.B. & Jelly</p> <p>Lettuce Tomato Cup Potato Fries Apple Slices Mixed Fruit</p>	<p>22 <u>BREAKFAST</u></p> <p>Fruit Pancakes Fresh Fruit or Juice</p> <p align="center"><u>LUNCH</u></p> <p>A. Beef Ravioli B. Hot Dog C. P.B. & Jelly</p> <p>Bread Stick Salad-Cucumbers Peach Cup Oranges</p>	<p>23 <u>BREAKFAST</u></p> <p>Breakfast Pizza Fresh Fruit or Juice</p> <p align="center"><u>LUNCH</u></p> <p>A. Hot Pockets B. Hot Dog C. P.B. & Jelly</p> <p>Potato Fries Green Beans Celery w/Peanut Butter Pears Grapes</p>	<p>24 <u>BREAKFAST</u></p> <p>Bagel/Spread Whole Grain Cereal Fresh Fruit or Juice</p> <p align="center"><u>LUNCH</u></p> <p>A. Lasagna Roll Ups B. Hot Dog C. P.B. & Jelly</p> <p>Salad w/Tomatoes Roll w/spread Peaches Banana</p>	<p>25 <u>BREAKFAST</u></p> <p>Breakfast Grabbers Fresh Fruit</p> <p align="center"><u>LUNCH</u></p> <p>A. Pizza Wedge B. Hot Dog C. P.B. & Jelly</p> <p>Fresh Vegetable Choice Apple Slices</p>
<p>28 <u>BREAKFAST</u></p> <p>Choc. Chip Waffles Fresh Fruit or Juice</p> <p align="center"><u>LUNCH</u></p> <p>A. Chicken Strips w/Roll B. Chicken Pattie C. P.B. & Jelly</p> <p>Mashed Potatoes Winter Blend Vegetables Peaches Mixed Fruit</p>	<p>29 <u>BREAKFAST</u></p> <p>Pop-Tart Whole Grain Cereal Fresh Fruit or Juice</p> <p align="center"><u>LUNCH</u></p> <p>A. Hot Ham & Cheese B. Chicken Pattie C. P.B. & Jelly</p> <p>Potato Tots Celery & Carrots w/Dip Banana Juice Cup</p>	<p>30 <u>BREAKFAST</u></p> <p>Scrambled Eggs Fruit or Juice</p> <p align="center"><u>LUNCH</u></p> <p>A. Chicken Penne W/Broccoli B. Chicken Pattie C. P.B. & Jelly</p> <p>Salad - Grape Tomatoes Dinner Roll w/Spread Pears Mandarin Oranges</p>	<p>31 <u>BREAKFAST</u></p> <p>Apple Turnover Fruit or Juice</p> <p align="center"><u>LUNCH</u></p> <p>A. Meatball Sandwich B. Chicken Pattie C. P.B. & Jelly</p> <p>Pota Fries Assorted Fresh Vegetables Apple Sauce Clementines</p>	<p>1 <u>BREAKFAST</u></p> <p>Breakfast Grabbers Fresh Fruit</p> <p align="center"><u>LUNCH</u></p> <p>A. Pierogies B. Chicken Pattie C. P.B. & Jelly</p> <p>Pretzel Nuggets Corn - Baby Carrots Pineapples Peach Cups</p>

*MENUS SUBJECT TO CHANGE AS REQUIRED. Choice of fresh fruits, salads and vegetables daily
Choice of 1%, chocolate and skim milk available daily