

October 1, -November
10, 2017



Valley Grove
ELEMENTARY 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
Choice of Milk - 1% white and fat-free chocolate

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

Daily Entree Options May include:
Peanut Butter & Jelly Sandwich
Craveables
Chef Salad Craveable
Yogurt Craveable
Pizza Craveable
Wraps/Salads
Salad Entree
Salad of the Week
Wrap of the Week

USDA is an equal opportunity provider and employer.

Lunch Prices
Milk \$0.60
Student \$2.35
Reduced \$.40
Adult \$3.50

Food Service Director
Bonnie Felton
Phone Number
814-437-3759 ext. 2801

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Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Monday	Tuesday	Wednesday	Thursday	Friday
3 Pasta & Meatballs or Hot Dog on Bun Featured Veggies: Steamed Green Beans Fresh Cukes Choice of Fruit & Milk	3 Chicken Fajita Hot Dog on Bun Featured Veggies: Sweet Potatoes Celery Choice of Fruit & Milk	4 General Tso's/Rice Hot Dog on Bun Featured Veggies: Broccoli Red Pepper Strips Choice of Fruit & Milk	5 Chicken Alfredo Hot Dog on Bun Featured Veggies: Baked Beans Baby Carrots Choice of Fruit & Milk	6 Vacation Day
9 Professional Day National School Lunch Week October 9-13 	10 BBQ Ribby on Bun or Cheeseburger on Bun Featured Veggies: Tator Tots Caesar Salad Choice of Fruit & Milk	11 Walking Taco or Cheeseburger on Bun Featured Veggies: Sweet Corn Spinach Salad Choice of Fruit & Milk	12 Hot Turkey Sandwich Gravy or Cheeseburger on Bun Featured Veggies: Mashed Potatoes Fresh Carrots Choice of Fruit & Milk	13 Chicken Nuggets/ Dinner Roll or Cheeseburger on Bun Featured Veggies: Baked Beans Romaine Salad Choice of Fruit & Milk
16 Sloppy Joe on Bun or Chicken Patty on Bun Featured Veggies: Hash Brown Patty Baby Carrots Choice of Fruit & Milk	17 Nacho's w/ Meat & Cheese or Chicken Patty on Bun Featured Veggies: Refried Beans Coleslaw Choice of Fruit & Milk	18 Hot Ham & Cheese Croissant or Chicken Patty on Bun Featured Veggies: Com Fresh Broccoli Choice of Fruit & Milk	19 Hamburger on Bun or Chicken Patty on Bun Featured Veggies: Orange Glazed Carrots Carrots/Celery Choice of Fruit & Milk	20 Kielbasa & Pierogies or Chicken Patty on Bun Featured Veggies: Green Beans Cukes/ Tomato Choice of Fruit & Milk
23 Chicken Patty on Bun or Popcorn Chicken w/ Roll Featured Veggies: Seasoned French Fries Black Bean Choice of Fruit & Milk	24 Philly Steak & Cheese on Roll or Popcorn Chicken w/ Roll Featured Veggies: Sweet Potatoes Broccoli/Red Pepper Strips Choice of Fruit & Milk	25 Hot Dog on a Bun or Popcorn Chicken w/ Roll Featured Veggies: Baked Beans Carrots/Cukes Choice of Fruit & Milk	26 Chicken in Gravy over Biscuit or Popcorn Chicken w/ Roll Featured Veggies: Mashed Potatoes Carrots/Celery Choice of Fruit & Milk	27 BBQ Pork Sandwich or Popcorn Chicken w/ Roll Featured Veggies: Steamed Broccoli Cukes/Tomato Wedge Choice of Fruit & Milk
30 French Toast Stick w/ Sausage Patty or Hamburger on a Bun Featured Veggies: Hash Brown Patty Carrots/Cukes Choice of Fruit & Milk	31 Meatball Hoagie or Hamburger on a Bun Featured Veggies: Refried Beans Salad/Tomatoes/Celery Choice of Fruit & Milk	1 Lasagna Roll -up w/ Garlic Bread Stick or Hamburger on a Bun Featured Veggies: Steamed Broccoli Garden Salad Choice of Fruit & Milk	2 Ham & Cheese on Pretzel Roll or Hamburger on a Bun Featured Veggies: Tator Tots Carrots/Celery Choice of Fruit & Milk	3 Macaroni & Cheese w/ Roll or Hamburger on a Bun Featured Veggies: Stewed Tomatoes Cukes/Tomato Wedge Choice of Fruit & Milk
6 Stuffed Crust Pizza or Chicken Tenders w/ Dinner Roll Featured Veggies: Curly Fries Carrots/Cukes Choice of Fruit & Milk	7 Beef & Cheese Burrito w/ Dinner Roll or Chicken Tenders w/ Dinner Roll Featured Veggies: Refried Beans Salad/Broccoli/Celery Choice of Fruit & Milk	8 Pasta & Meatballs Garlic Bread Stick or Chicken Tenders w/ Dinner Roll Featured Veggies: Steamed Zucchini Romaine Salad Choice of Fruit & Milk	9 Popcorn Chicken WG Dinner Roll or Chicken Tenders w/ Dinner Roll Featured Veggies: Mashed Potatoes/Corn Carrots/Celery Choice of Fruit & Milk	10 Beef Taco or Chicken Tenders w/ Dinner Roll Featured Veggies: Mexicala Corn/Steamed Corn Cukes/Tomato Wedge Choice of Fruit & Milk