

May 7 - June 5, 2018



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

Lunchables

Chef Salad Lunchable

Yogurt Lunchable

Pizza Lunchable



Lunch Prices
Milk \$0.60
Student \$2.35
Reduced \$4.00
Adult \$3.50

Cafeteria Phone Number
814-437-3759 ext. 2801

USDA is an equal opportunity provider and employer.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>7</p> <p>Ziti & Meatballs</p> <p>or</p> <p>Cowboy Burger on Bun</p> <p>Featured Veggies: Steamed Green Beans Fresh Cukes</p> <p>Choice of Fruit & Milk</p>	<p>8</p> <p>Chicken Fajita</p> <p>or</p> <p>Turkey & Cheese on a Pretzel Roll</p> <p>Featured Veggies: Sweet Potatoes Celery</p> <p>Choice of Fruit & Milk</p>	<p>9</p> <p>General Tso's/Rice</p> <p>or</p> <p>Meatball Hoagie</p> <p>Featured Veggies: Stir Fry Red Pepper Strips</p> <p>Choice of Fruit & Milk</p>	<p>10</p> <p>Chicken Alfredo</p> <p>or</p> <p>Toasted Cheese Sandwich</p> <p>Featured Veggies: Tomato Soup Baby Carrots</p> <p>Choice of Fruit & Milk</p>	<p>11</p> <p>Peekaboo Hot Dog</p> <p>or</p> <p>Mini Sub</p> <p>Featured Veggies: French Fries Corn & Black Bean Salsa</p> <p>Choice of Fruit & Milk</p>
<p>14</p> <p>Pepperoni Pizza</p> <p>or</p> <p>Sloppy Joe on a Bun</p> <p>Featured Veggies: Tator Tots Caesar Salad</p> <p>Choice of Fruit & Milk</p>	<p>15</p> <p>BBQ Ribby on Bun</p> <p>or</p> <p>Italian Sausage Sandwich</p> <p>Featured Veggies:</p> <p>Choice of Fruit & Milk</p>	<p>16</p> <p>Walking Taco</p> <p>or</p> <p>Spicy Chicken Sandwich</p> <p>Featured Veggies: Sweet Corn Spinach Salad</p> <p>Choice of Fruit & Milk</p>	<p>17</p> <p>Hot Turkey Sandwich with Gravy</p> <p>or</p> <p>Hot Dog on a Bun</p> <p>Featured Veggies: Mashed Potatoes w/ Gravy Coleslaw</p> <p>Choice of Fruit & Milk</p>	<p>18</p> <p>Chicken Quesadilla</p> <p>or</p> <p>Pasta w/ Meat Sauce</p> <p>Featured Veggies: Butternut Squash Garden Salad</p> <p>Choice of Fruit & Milk</p>
<p>21</p> <p>Chicken Nuggets w/Roll</p> <p>or</p> <p>Turkey & Cheese on a Bun</p> <p>Featured Veggies: Carrot Coins Fresh Broccoli</p> <p>Choice of Fruit & Milk</p>	<p>22</p> <p>Nacho's w/ Meat & Cheese</p> <p>or</p> <p>Chicken Fajita</p> <p>Featured Veggies: Refried Beans Coleslaw</p> <p>Choice of Fruit & Milk</p>	<p>23</p> <p>Hot Ham & Cheese Croissant</p> <p>or</p> <p>Popcorn Chicken Bowl</p> <p>Featured Veggies: Mashed Potatoes / Corn / Gravy Fresh Broccoli</p> <p>Choice of Fruit & Milk</p>	<p>24</p> <p>Hamburger on Bun</p> <p>or</p> <p>Chicken Patty on Bun</p> <p>Featured Veggies: Orange Glazed Carrots Carrots/Celery</p> <p>Choice of Fruit & Milk</p>	<p>25</p> <p>Kielbasa & Pierogies</p> <p>or</p> <p>Bacon Cheeseburger</p> <p>Featured Veggies: Green Beans Cukes/ Tomato</p> <p>Choice of Fruit & Milk</p>
<p>28</p>	<p>29</p> <p>Philly Steak & Cheese on Roll</p> <p>or</p> <p>Ham burger on Bun</p> <p>Featured Veggies: Spicy Sweet Potatoes Broccoli/Red Pepper Strips</p> <p>Choice of Fruit & Milk</p>	<p>30</p> <p>Hot Dog on a Bun</p> <p>or</p> <p>Chicken Tenders</p> <p>Featured Veggies: Baked Beans Carrots/Cukes</p> <p>Choice of Fruit & Milk</p>	<p>31</p> <p>Cheeseburger on Bun</p> <p>or</p> <p>Cook's Choice</p> <p>Featured Veggies: Cook's Choice Cook's Choice</p> <p>Choice of Fruit & Milk</p>	<p>1</p> <p>BBQ Rib Patty</p> <p>or</p> <p>Cook's Choice</p> <p>Featured Veggies: Cook's Choice Cook's Choice</p> <p>Choice of Fruit & Milk</p>
<p>4</p> <p>Meatball Sandwich</p> <p>or</p> <p>Cook's Choice</p> <p>Featured Veggies: Cook's Choice Cook's Choice</p> <p>Choice of Fruit & Milk</p>	<p>5</p> <p>LAST DAY / HALF DAY</p> <p>Brown Bag Lunch</p> <p>Choice of Fruit & Milk</p>	<p>School's Out For Summer!!!</p>		