

March 26 - May 4,
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
Meal 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

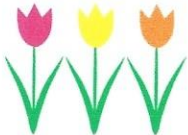
Daily Entree Options may include:
Peanut Butter & Jelly Sandwich
Lunchables
Chef Salad Lunchable
Yogurt Lunchable
Pizza Lunchable



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

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

USDA is an equal opportunity provider and employer.



Monday

26
Ziti & Meatballs
or
Cowboy Burger on Bun
Featured Veggies:
Steamed Green Beans
Fresh Cukes
Choice of Fruit & Milk

2

9
Chicken Nuggets w/Roll
or
Turkey & Cheese on a Bun
Featured Veggies:
Carrot Coins
Fresh Broccoli
Choice of Fruit & Milk

16
Chicken Patty on Bun
or
Stuffed Crust Pizza
Featured Veggies:
Seasoned French Fries
Black Bean
Choice of Fruit & Milk

23
French Toast Stick w/ Sausage Patty
or
BBQ Ham Sandwich
Featured Veggies:
Hash Brown Patty
Carrots/Cukes
Choice of Fruit & Milk

30
Stuffed Crust Pizza
or
Parmesan Chicken Sandwich
Featured Veggies:
Curly Fries
Carrots/Cukes
Choice of Fruit & Milk

Tuesday

27
Chicken Fajita
or
Turkey & Cheese on a Pretzel Roll
Featured Veggies:
Sweet Potatoes
Celery
Choice of Fruit & Milk

3

10
Nacho's w/ Meat & Cheese
or
Chicken Fajita
Featured Veggies:
Refried Beans
Coleslaw
Choice of Fruit & Milk

17
Philly Steak & Cheese on Roll
or
Hamburger on Bun
Featured Veggies:
Spicy Sweet Potatoes
Broccoli/Red Pepper Strips
Choice of Fruit & Milk

24
Meatball Hoagie
or
Nachos w/ Meat & Cheese
Featured Veggies:
Refried Beans
Salad/Cherry Tomatoes/Celery
Choice of Fruit & Milk

1
Beef & Cheese Burrito w/ Dinner Roll
or
Pork & Gravy w/ Roll
Featured Veggies:
Refried Beans
Salad/Broccoli/Celery
Choice of Fruit & Milk

Wednesday

28
General Tso's/Rice
or
Meatball Hoagie
Featured Veggies:
Stir Fry
Red Pepper Strips
Choice of Fruit & Milk

4
Walking Taco
or
Spicy Chicken Sandwich
Featured Veggies:
Sweet Corn
Spinach Salad
Choice of Fruit & Milk

11
Hot Ham & Cheese Croissant
or
Popcorn Chicken
Featured Veggies:
Mashed Potatoes/corn
Fresh Broccoli
Choice of Fruit & Milk

18
Hot Dog on a Bun
or
Chicken Tenders
Featured Veggies:
Baked Beans
Carrots/Cukes
Choice of Fruit & Milk

25
Lasagna Roll -up w/ Garlic Bread Stick
or
BBQ Rib Sandwich
Featured Veggies:
Steamed Broccoli
Garden Salad
Choice of Fruit & Milk

2
Spaghetti & Meatballs
Garlic Bread Stick
or
Chicken Salad Sandwich
Featured Veggies:
Steamed Zucchini
Romaine Salad
Choice of Fruit & Milk

Thursday

29

5
Hot Turkey Sandwich with Gravy
or
Hot Dog on a Bun
Featured Veggies:
Mashed Potatoes w/ Gravy
Coleslaw
Choice of Fruit & Milk

12
Hamburger on Bun
or
Chicken Patty on Bun
Featured Veggies:
Orange Glazed Carrots
Carrots/Celery
Choice of Fruit & Milk

19
Chicken in Gravy over Biscuit
or
Cheeseburger on Bun
Featured Veggies:
Mashed Potatoes
Carrots/Celery
Choice of Fruit & Milk

26
Ham & Cheese on Pretzel Roll
or
Taco w/meat & cheese
Featured Veggies:
Tator Tots
Carrots/Celery
Choice of Fruit & Milk

3
Popcorn Chicken
WG Dinner Roll
or
Hot Dog on Bun
Featured Veggies:
Mashed Potatoes/Corn
Carrots/Celery
Choice of Fruit & Milk

Friday

30

6
Chicken Quesadilla
or
Pasta w/ Meat Sauce
Featured Veggies:
Butternut Squash
Garden Salad
Choice of Fruit & Milk

13
Kielbasa & Pierogies
or
Bacon Cheeseburger
Featured Veggies:
Green Beans
Cukes/ Tomato
Choice of Fruit & Milk

20
BBQ Pork Sandwich
or
Chicken Nuggets
Featured Veggies:
Steamed Broccoli
Cukes/Tomato Wedge
Choice of Fruit & Milk

27
Macaroni & Cheese w/ Roll
or
Chicken Fingers
Featured Veggies:
Stewed Tomatoes
Cukes/Tomato Wedge
Choice of Fruit & Milk

4
Grilled Cheese Sandwich
or
Broccoli & Cheese Rice Casserole
Featured Veggies:
Tomato Soup
Steamed Green Beans
Choice of Fruit & Milk