



Saint Joseph Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
10/1/18 Cheese Burger On a wg Bun or Mac n Cheese with Whole Grain Roll Featured Veggies: Curley Fries Red Pepper Strips Choice of Fruit Choice of Milk	10/2/18 French Toast Sticks With Sausage Patty or Nachos Grande Tortilla Chips Featured Veggies: Refried Beans Red Pepper Strips Choice of Fruit Choice of Milk	10/3/18 Italian Meatballs & Cheese On a wg Bun or Chicken Nuggets with Whole Grain Roll Featured Veggies: Sweet Potato Fries Fresh Cucumber Slices Choice of Fruit Choice of Milk	10/4/18 Corn Dog with Whole Grain Roll or Chicken Patty On a wg Bun Featured Veggies: Italian Salad Carrot Sticks Choice of Fruit Choice of Milk	10/5/18 BBQ Ribby On a wg Roll or Cheesy Pizza Featured Veggies: Red Pepper Strips Green Beans Choice of Fruit Choice of Milk
Weekly Featured Salad Chicken Caesar			Wrap Chicken Caesar	
10/8/18 No School	10/9/18 French Toast Sticks With Sausage Patty or Nachos Grande Tortilla Chips Featured Veggies: Celery Sticks Refried Beans Choice of Fruit Choice of Milk	10/10/18 Cheese Burger On a wg Bun or Chicken Patty On a wg Bun Featured Veggies: Green Beans Cucumber Slices Choice of Fruit Choice of Milk	10/11/18 Hot Dog On a wg Roll or Italian Meatballs & Cheese On a wg Roll Featured Veggies: Curley Fries Carrot Sticks Choice of Fruit Choice of Milk	10/12/18 Ravioli With a wg Roll or Pizza Featured Veggies: Red Pepper Strips Celery Sticks Choice of Fruit Choice of Milk
Weekly Featured Salad Garden			Wrap Turkey Bacon Cheddar	
10/15/18 Cheese Burger On a wg Bun or Italian Meatballs & Cheese On a wg Roll Featured Veggies: French Fries Red Pepper Strips Choice of Fruit Choice of Milk	10/16/18 Chicken Nuggets with Whole Grain Roll or Nachos Grande Tortilla Chips Featured Veggies: Refried Beans Corn Choice of Fruit Choice of Milk	10/17/18 Macaroni & Cheese or Hot Ham & Cheese On a Pretzel Roll Featured Veggies: Stewed Tomatoes Fresh Broccoli Choice of Fruit Choice of Milk	10/18/18 Chicken Fajita On a wg Soft Tortilla or Ziti & Meatballs Break Sticks Featured Veggies: Celery Sticks Carrot Sticks Choice of Fruit Choice of Milk	10/19/18 Pierogies or Pizza Featured Veggies: Green Beans Red Pepper Strips Choice of Fruit Choice of Milk
Weekly Featured Salad Chicken Caesar			Wrap Chicken Caesar	
10/22/18 Toasted Cheese Sandwich or Chicken Nuggets Pretzel Sticks Featured Veggies: Tomato Soup Tater Tots Choice of Fruit Choice of Milk	10/23/18 Hot Dog On a wg Bun or Nacho Grande Tortilla Chips Featured Veggies: Refried Beans Lettuce & Tomato Choice of Fruit Choice of Milk	10/24/18 No School	10/25/18 French Toast Sticks With Sausage Patty or Chicken Patty On a wg Bun Featured Veggies: Green Beans Fresh Broccoli Choice of Fruit Choice of Milk	10/26/18 Macaroni & Cheese or Pizza Featured Veggies: Stewed Tomatoes Sliced Cucumbers Choice of Fruit Choice of Milk
Weekly Featured Salad Garden			Wrap Ham and Cheese	
10/29/18 Popcorn Chicken with Rice or Penne & Meatballs with Garlic Breadstick Featured Veggies: Steamed Broccoli Sliced Cucumbers Choice of Fruit Choice of Milk	10/30/18 Macaroni & Cheese or Nachos Grande Tortilla Chips Featured Veggies: Refried Beans Stewed Tomatoes Choice of Fruit Choice of Milk	10/31/18 Toasted Cheese Sandwich or Chicken Nuggets Pretzel Sticks Featured Veggies: Tomato Soup Tater Tots Choice of Fruit Choice of Milk	11/1/18 Sausage Egg & Cheese On a wg Biscuit or Chicken Patty On a wg Bun Featured Veggies: Italian Salad Celery Sticks Choice of Fruit Choice of Milk	11/2/18 Hot Dog On a wg Bun or Pizza Featured Veggies: Sweet Potato Fries Green Beans Choice of Fruit Choice of Milk
Weekly Featured Salad Garden with Chicken			Wrap Chicken Bacon Cheddar	

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A 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, fat-free white, chocolate, vanilla and strawberry

Weekly Vegetable Subgroups

May Include:

- Dark green - spinach, broccoli, romaine and spring salad
- Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
- Legumes - beans and peas
- Starchy - potatoes, corn, peas, and lima beans
- Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selections

May Include:

- oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges

Leave Your Lunch at Home

Daily entrée options may include:

- Garden Salad
- Ham & Cheese Sandwich or Turkey & Cheese



Student Paid Lunch \$2.85

Student Reduced Lunch \$0.40

Adult Lunch \$3.85

General Manager Mike Heimbuch Phone Number 717-856-3074

Email ma1082@metzcorp.com

Fax Number

USDA is an equal opportunity provider and employer.