



**Southern Huntingdon County
Jr. / Sr. High School
August/September
Lunch Menu**



Monday	Tuesday	Wednesday	Thursday	Friday
8/19/24	8/20/24	8/21/24	8/22/24	8/23/24
		Day 1	Day 2	Day 3
		Hot Ham & Cheese on a Pretzel Roll or	Buffalo Chicken & Cheese on Flatbread or	BBQ Ham on a WG Roll or
In-Service Day	In-Service Day	Popcorn Chicken with a WG Roll Tater Tots Baby Carrots Choice of Fruit and Milk	Nachos Grande with WG Tortilla Chips Baked Beans Tomato and Onion Salad Choice of Fruit and Milk	French Toast Sticks with Sausage Hash Brown Potatoes Fresh Cucumber Slices Choice of Fruit and Milk
8/26/24	8/27/24	8/28/24	8/29/24	8/30/24
Day 4	Day 5	Day 6	Day 7	Day 8
Spicy Chicken Breast on a WG Bun or	Stir Fry Over Brown Rice or	Italian Meatballs & Cheese on a WG Roll or	BBQ Chicken & Cheese Wrap or	Mini Corn Dogs or
Beef & Cheese Lasagna with a Garlic Breadstick Steamed Corn Romaine Salad Choice of Fruit and Milk	Stromboli with Dipping Sauce Cherry Tomatoes Celery Sticks Choice of Fruit and Milk	Popcorn Chicken with a WG Roll Oven Fries Red Pepper Strips Choice of Fruit and Milk	Nachos Grande with WG Tortilla Chips Roasted Zucchini Spinach Salad Choice of Fruit and Milk	Hot Turkey Sandwich Mashed Potatoes Green Pepper Strips Choice of Fruit and Milk
9/2/24	9/3/24	9/4/24	9/5/24	9/6/24
	Day 9	Day 10	Day 11	Day 12
	Texas Toasted Cheese Sandwich or	General Tso's Chicken Bowl or	Chicken & Cheese Melt on a WG Croissant or	Macaroni & Cheese or
Vacation Day	Beef with Broccoli over Noodles Tomato Soup Tater Tots Choice of Fruit and Milk	Pepperoni Pizza Bagel Roasted Sweet Potatoes Chick Pea Salad Choice of Fruit and Milk	Chicken Mashed Potato Bowl with a WG Roll Mashed Potatoes Steamed Corn Choice of Fruit and Milk	Beef Taco on a WG Soft Tortilla Baked Beans Stewed Tomatoes Choice of Fruit and Milk
9/9/24	9/10/24	9/11/24	9/12/24	9/13/24
Day 13	Day 14	Day 15	Day 16	Day 17
Bacon Cheeseburger on a WG Bun or	Fish Sticks and Macaroni & Cheese or	Hot Italian Sandwich or	Texas Toasted Cheese Sandwich or	Corn Dog or
Asian Sesame Chicken over Brown Rice Steamed Broccoli Carrot Sticks Choice of Fruit and Milk	Chicken Nuggets with a Breadstick Celery Sticks with Ranch Romaine Salad Choice of Fruit and Milk	Cheese Pizza Sticks with Dipping Sauce Cucumber Salad Tomato Wedges Choice of Fruit and Milk	Chicken Nuggets with a Pretzel Stick Tomato Soup Tater Tots Choice of Fruit and Milk	Nachos Grande with Tortilla Chips Refried Beans Lettuce & Tomato Salad Choice of Fruit and Milk
9/16/24	9/17/24	9/18/24	9/19/24	9/20/24
Day 18	Day 19	Day 20	Day 21	MainPlate
Sloppy Joe on a WG Bun or	Hot Ham & Cheese on a Pretzel Roll or	Chicken & Cheese Quesadilla or	Sweet & Sour Meatballs over Noodles or	Macaroni & Cheese w/ Toppings or J. CLARK'S GRILLE
Chicken and Gravy over a WG Biscuit Mashed Potato Steamed Carrots Choice of Fruit and Milk	Spaghetti with Meat Sauce Garlic Bread Yellow Beans Caesar Salad Choice of Fruit and Milk	Pepperoni Roll with Sauce Oven Brownd Sweet Potatoes Corn Salad Choice of Fruit and Milk	Buffalo Popcorn Chicken with a WG Roll Potato Wedges Chick Pea Salad Choice of Fruit and Milk	Fry-day Bar Choice of Fruit and Fresh Vegetables Choice of Milk
Fresh vegetables and fruits served every day are: Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges				
9/23/24	9/24/24	9/25/24	9/26/24	9/27/24
MainPlate	MainPlate	MainPlate	MainPlate	MainPlate
Cheese and Pepperoni Stromboli or	Sloppy Joe on a Bun or	Chicken Nuggets with a Dinner Roll or	General Tso's Chicken over Rice or	Hot/Mild Sausage Sandwich or
J. CLARK'S GRILLE	TACO TUESDAY	J. CLARK'S GRILLE	J. CLARK'S GRILLE	J. CLARK'S GRILLE
Buffalo Chicken Dip with Tortilla Chips Choice of Milk and Fresh Vegetables Choice of Milk	Walking Taco Choice of Milk and Fresh Vegetables Choice of Milk	Build-A-Burger Bar Choice of Fruit and Fresh Vegetables Choice of Milk	Chicken Patty Sandwich Bar Choice of Fruit and Fresh Vegetables Choice of Milk	Fry-day Bar Choice of Fruit and Fresh Vegetables Choice of Milk
Fresh vegetables and fruits served every day are: Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges				

WHAT IS A SCHOOL LUNCH

Please 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 school lunch to accommodate the free meal qualifications.

Meal Components offered daily are:
Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white or chocolate



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

oranges, apples, bananas, pears, peaches, strawberries and applesauce

Daily Options Include:

- Juicy Cheeseburger
- Crispy Chicken Sandwich



Chicken Caesar Salad
Chopped Garden Salad
Both Offered with a WG Roll

Turkey and Cheese Hoagie
Ham and Cheese Hoagie
Italian Sub
PB&J Sandwich



Pepperoni Pizza
Cheese Pizza

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Menu is subject to change due to product availability

Student Reduced Lunch: Free
Student Paid Lunch: Free
Student 2nd Meal: \$
Adult Lunch: \$4.75