

Monday	Tuesday	Wednesday	Thursday	Friday
3/3/25	3/4/25	3/5/25	3/6/25	3/7/25
Cheddar Cheese Pierogi with a Dinner Roll  Choice of Fruit and Fresh Vegetables Choice of Milk Fresh vegetables and fruits served every day are:	Beef Burrito (Beef, Shredded Lettuce, Shredded Cheddar Cheese, Sour Cream) Green Beans Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	Grilled Cheese and Tomato Soup  Buttered Corn Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	Chicken Sandwich (Shredded Lettuce, Cheese)  Sweet Peas Choice of Fruit and Fresh Vegetables Choice of Milk Fresh Greens Side Salad, Apple Slices, Oranges	Fish Sticks with tarter sauce  Crinkle Fries Choice of Fruit and Fresh Vegetables Choice of Milk Apples, Oranges
3/10/25	3/11/25	3/12/25	3/13/25	3/14/25
Act 80 Day  No School	Walking Taco (Shredded Lettuce, Tomatoes, Salsa, Shredded Cheddar Cheese, Sour Cream) Green Beans Choice of Milk and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	Chicken Nuggets with a dinner roll  Buttered Corn Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	General Tso's Chicken over Rice  Steamed Broccoli Choice of Fruit and Fresh Vegetables Choice of Milk Fresh Greens Side Salad, Apple Slices, Oranges	Fresh Dough Cheese Pizza  Tator Tots Choice of Fruit and Fresh Vegetables Choice of Milk Apples, Oranges
3/17/25	3/18/25	3/19/25	3/20/25	3/21/25
St. Patrick's Day Shepherd's Pie with Beef and a Dinner Roll Sweet Peas Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	Nachos Grande (Shredded Lettuce, Tomatoes, Salsa, Shredded Cheddar Cheese, Sour Cream) Green Beans Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	Popcorn Chicken Mashed Potatoes with Gravy and a Dinner Roll  Steamed Broccoli Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	Cheese Ravioli with a Garlic Breadstick (grated parmesan cheese) National Ravioli Day Buttered Corn Choice of Fruit and Fresh Vegetables Choice of Milk Fresh Greens Side Salad, Apple Slices, Oranges	Baked Macaroni and Cheese  Crinkle Fries Choice of Fruit and Fresh Vegetables Choice of Milk Apples, Oranges
3/24/25	3/25/25	3/26/25	3/27/25	3/28/25
Grilled Cheese Sandwich and Tomato Soup  Sweet Peas Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	Beef Burrito (Shredded Lettuce, Tomatoes, Salsa, Shredded Cheddar Cheese, Sour Cream) Green Beans Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	Chicken Tenders with a Dinner Roll  Buttered Corn Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	Spaghetti with Meat Sauce (grated parmesan cheese)  Steamed Broccoli Choice of Fruit and Fresh Vegetables Choice of Milk Fresh Greens Side Salad, Apple Slices, Oranges	Fresh Dough Cheese Pizza  Crinkle Fries Choice of Fruit and Fresh Vegetables Choice of Milk Apples, Oranges
3/31/25	4/1/25	4/2/25	4/3/25	4/4/25
Breakfast for Lunch French Toast Sticks Sausage Hashbrowns (syrup)  Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	Walking Taco (Shredded Lettuce, Tomatoes, Salsa, Shredded Cheddar Cheese, Sour Cream) Green Beans Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	BBQ Pork Rib Sandwich (shredded mozzarella cheese)  Buttered Corn Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	Chicken Alfredo over Pasta (grated parmesan cheese)  Steamed Broccoli Choice of Fruit and Fresh Vegetables Choice of Milk Fresh Greens Side Salad, Apple Slices, Oranges	Cheeseburger Tot Bowl (You may get the bowl without meat)  Tater Tots Choice of Fruit and Fresh Vegetables Choice of Milk Apples, 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

**Daily Fruit Selections**  
**May Include:**  
oranges, apples, bananas, pears, peaches, strawberries and applesauce

Rockhill

Shade Gap

Spring Farms

Daily Options

Include:

Tammy Vinglas  
General Manager  
O: 814-447-5529 ext. 2336  
or C: 814-330-2230

[tvinglas@shcsd.org](mailto:tvinglas@shcsd.org)  
[ma1040@metzcorp.com](mailto:ma1040@metzcorp.com)



Menu is subject to change due to product availability

USDA is an equal opportunity provider and employer

Student Reduced Lunch: Free      Student Paid Lunch: Free      Student 2nd Meal: \$2.10      Adult Lunch: \$4.75



ALLERGEN INFORMATION IS AVAILABLE UPON REQUEST

NUTRITIONAL INFORMATION IS AVAILABLE AT:

[WWW.SCHOOLCAFE.COM](http://WWW.SCHOOLCAFE.COM)

Crispy Chicken Salad  
Garden Salad  
Both offered with a dinner roll

Turkey and Cheese Hoagie  
Ham and Cheese Hoagie  
Hoagies are made on 6" Hoagie Rolls with Lettuce and Tomatoes Offered on the Side

Craveables Offered Daily

BYO Flatbread Pizza  
Smucker's PB&J  
Strawberry and Grape offered

"Craveables" are our version of the Lunchable only made with more nutritional options that your child will enjoy.