SOUTHERN HUNTINGDON COUNTY ELEMENTARY SCHOOL

LUNCH MENU

# August 2026

EAT SMART
BE SMART

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 3 | 4 | 5 | 6 | 7 |
| 10 | 11 | 12 | 13 | 14 |
| 17 | 18 | 19 | 20<br>Chicken & Mashed Potato Bowl with Roll<br>**Mashed Potatoes**<br>**Buttered Corn** | 21<br>Toasted Pizza Flatbread Sandwich<br>**Glazed Carrots** |
| **Daily Offerings for Week 1: Breadstick Dipper Craveable (V) - Ham & Cheese Wrap – Fresh Vegetable (Broccoli Salad) - Fruit Choices (Mixed Fruit) – Fresh Fruit (Red Grapes)** | | | | |
| 24<br>Cowboy Burger<br>**Crinkle Fries** | 25<br>Mac & Cheese with Dinner Roll (V)<br>**Green Beans** | 26<br>Cheeseburger Tater Tot Bowl w/ Dinner Roll<br>**Buttered Corn** | 27<br>General Tso's Chicken w/ Rice<br>**Steamed Broccoli** | 28<br>Toasted Cheese Sandwich<br>**Tomato Soup**<br>**Sweet Peas** |
| **Daily Offerings for Week 2: Yogurt Craveable (V) – Ham & Cheese on a Pretzel Roll (cold) – Fresh Vegetable (Cucumber/Tomato Salad) – Fruit Choice (Pears) – Fresh Fruit Choices (Candied Apples) – Roasted Chickpeas** | | | | |
| 31<br>**Breakfast for Lunch:**<br>French Toast Sticks w/ Cheese Omelet<br>**Tater Triangle** | | | | |
| **Daily Offerings for Week 3: Nachos Craveable (V) – Turkey & Cheese Wrap – Fresh Vegetable Choices (Chickpea Salad) – Fruit Choices (Mixed Fruit) – Fresh Fruit Choices (Green Grapes)** | | | | |

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

**Daily Alternates**
Grape Peanut Butter and Jelly Uncrustable Craveable

**Fruits & Veggies**
Baby Carrots – Celery Sticks w/ Peanut Butter– Side Salad
Applesauce – Apple Slices – Orange Halves

Students may choose two ½ cup servings.

**Milk Selections**
Galliker's 1% White Unflavored, FF Chocolate, FF Strawberry

**Lunch Prices**

| | |
|---|---|
| Student | FREE |
| Adult | $5.05 |

| | |
|---|---|
| (V) | Vegetarian |
| (VG) | Vegan |
| (GF) | Gluten-Free |
| (H) | Halal |

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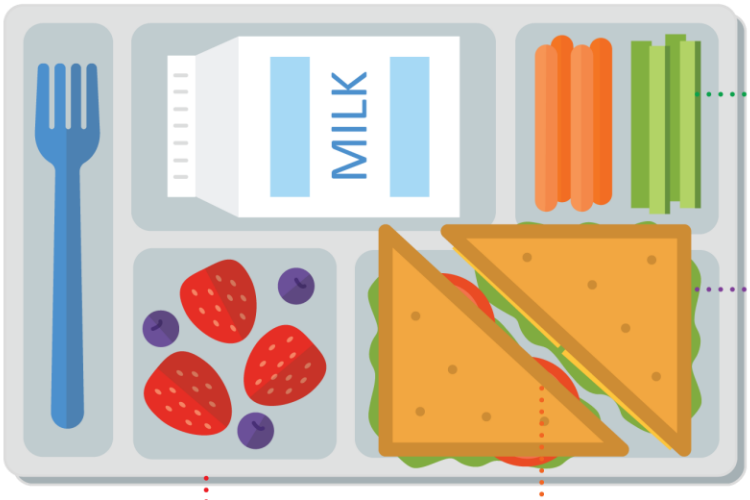


### MILK IS MIGHTY
Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!

### GNAW ON RAW
Veggie Patch, salad, and cooked. Veggies have fiber for digestion

### POWER UP WITH PROTEIN
Meat, cheese, eggs, yogurt, and peanut butter. Protein helps us grow!

### WHOLE GRAINS = WHOLE PACKAGE
Bread, cereal, and crackers. Grains give us energy!

### PURSUIT FOR FRUIT
Fresh, cupped, or 100% juice, fruit is nutrient-packed!

## WHAT IS A SCHOOL LUNCH?

You must choose at least **3** of the **5** components available for the school lunch price:

**Meat/Meat Alternative, Grain/Bread, Fruit, Vegetable, Milk**
A minimum of ½ cup serving of fruit must accompany a school breakfast.

**Assorted Variety of Milk Available Daily**
Galliker's 1% Unflavored White, FF Chocolate, and FF Strawberry (Milk is an optional component. Students may refuse to take a milk with their meal.)

schoolcafé

View menus on the go! SchoolCafe provides an easy way to view our menus and manage your account.

Scan the QR code to access your account:

## LUNCH PRICES

| | |
|---|---|
| Student Lunch: | FREE |
| Adult Lunch: | $5.05 |

## ADDITIONAL INFO HERE

Add text here or delete if not using

**YOUR DINING SERVICES TEAM**
**Tammy Vinglas, General Manager**
(814)447-5529 ext. 2336 | tammy.vinglas@metzcorp.com

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