SOUTHERN HUNTINGDON COUNTY MIDDLE / HIGH SCHOOL

LUNCH MENU

August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
10	11	12	13	14
17	18	19	20 Chicken & Mashed Potato Bowl with Roll **Mashed Potatoes** **Buttered Corn**	21 Toasted Pizza Flatbread Sandwich **Glazed Carrots**
Week 1 Daily Offerings: Crispy Chicken Salad – Chef Salad w/ Dinner Roll – Ham and Cheese Wrap – Buffalo Chicken Dip Craveable – Crispy Chicken Sandwich – Beef Burger – Broccoli Salad – Mixed Fruit – Red Grapes				
24 Cowboy Burger **Crinkle Fries**	25 Mac & Cheese (V) **Steamed Green Beans**	26 Cheeseburger Tater Tot Bowl w/ Dinner Roll **Buttered Corn**	27 General Tso's Chicken w/ Rice **Steamed Broccoli**	28 Toasted Cheese Sandwich **Tomato Soup, Sweet Peas**
Week 2 Daily Offerings: Crispy Chicken Salad – Chef Salad w/ Dinner Roll - Ham and Cheese on a Pretzel Roll – BLT w/ 2 Hardboiled Eggs Craveable – Crispy Chicken Sandwich – Beef Burger – Cucumber/Tomato Salad – Diced Pears – Candied Apples – Roasted Chickpeas				
Breakfast for Lunch 31 French Toast Sticks Or Sausage, Egg and Cheese Sandwich **Tater Triangle**				
Week 3 Daily Offerings: Crispy Chicken Salad – Chef Salad w/ Dinner Roll – Turkey and Cheese Wrap – Buffalo Chicken Dip Craveable – Crispy Chicken Sandwich – Beef Burger - Pasta Salad – Chickpea Salad – Mixed Fruit – Green Grapes				

Menu subject to change due to product availability.

This institution is an equal opportunity provider and employer.

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

Fruits & Veggies Daily Offerings:
Baby Carrots – Celery Sticks w/ Peanut Butter – Side Salad
Applesauce – Apple Slices - Oranges

Students may choose two ½ cup servings.

Milk Selections
Galliker's 1% White, Unflavored – FF Chocolate – FF Strawberry
(Milk is an optional component. Students may refuse to take a milk with their meal.)

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Daily Specials

Month of August 2026

Grille

OFFERED DAILY: Crispy Chicken Sandwich – Beef Burgers

Monday: Bacon – 100% Beef Burger
Tuesday: Hot & Spicy Chicken Sandwich
Wednesday: Pizza Hoagie
Thursday: Chicken Cheddar Ranch Wrap
Friday: 100% Beef Smash Burgers

Pizza

OFFERED DAILY: Pepperoni Pizza

Monday: Mozzarella Pizza Sticks – Soft Pretzel
Tuesday: Buffalo Chicken Pizza
Wednesday: Mozzarella Pizza Sticks – Soft Pretzel
Thursday: Italian Pinwheels (Pepperoni – Cheese- Ham)
Friday: Mozzarella Pizza Sticks – Soft Pretzel

bravo!

Featuring meals created to order!

CraveAbles

Week 1: Buffalo Chicken Dip Craveable
Week 2: BLT w/ 2 Hardboiled Eggs Craveable
Week 3: Buffalo Chicken Dip Craveable
Week 4: BLT w/ 2 Hardboiled Eggs Craveable
Week 5: Buffalo Chicken Dip Craveable
Week 6: BLT w/ 2 Hardboiled Eggs Craveable

Salad bar

Variety of fruits and veggies offered daily

Week 1: Broccoli Salad – Chickpea Salad
Week 2: Cucumber Salad – Roasted Chickpeas
Week 3: Pasta Salad - Chickpea Salad
Week 4: Broccoli Salad – Roasted Chickpeas
Week 5: Cucumber Salad – Chickpea Salad
Week 6: Pasta Salad – Roasted Chickpeas

Sauce It Up

House-made Condiment Station
May include:
Buffalo Ranch Sauce
J Clarkes Sauce

cheffresh

Monday: Crispy Chicken Salad – Chef Salad
Tuesday: Garden Salad – Crispy Chicken Salad
Wednesday: Buffalo Chicken Salad – Garden Salad
Thursday: Crispy Chicken Salad – Chef Salad
Friday: Garden Salad – Buffalo Chicken Salad

OFFERED DAILY: Bulk Side Salad (offered on the fruit/vegetable bar)

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TRAY CHECK!
You must choose at least 3 of the 5 components available for the school lunch price: Meat/Meat Alternative, Grain/Bread, Fruit, Vegetable, Milk

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WHAT IS A SCHOOL LUNCH?

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

Meat/Meat Alternative, Choice of Vegetable, Choice of Fruit, Grain/Bread, Choice of Milk

A minimum of ½ cup serving of fruit or ½ cup serving of vegetables must accompany a school lunch.

Assorted Variety of Milk Available Daily
Galliker's 1% Unflavored White, FF Chocolate, FF Strawberry

LUNCH PRICES

Student Lunch:	FREE
Adult Lunch:	$5.05

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DAILY ALTERNATES

Grille

100% Beef Burgers – Crispy Chicken Sandwich

Pizza

Pepperoni Pizza

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Fresh entrée salads, wraps, and sandwiches

GRAVEABLES

Grab and Go Meals

Salad bar

Fresh fruits and vegetables along with fresh made salads

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CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

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

Menu subject to change due to product availability.

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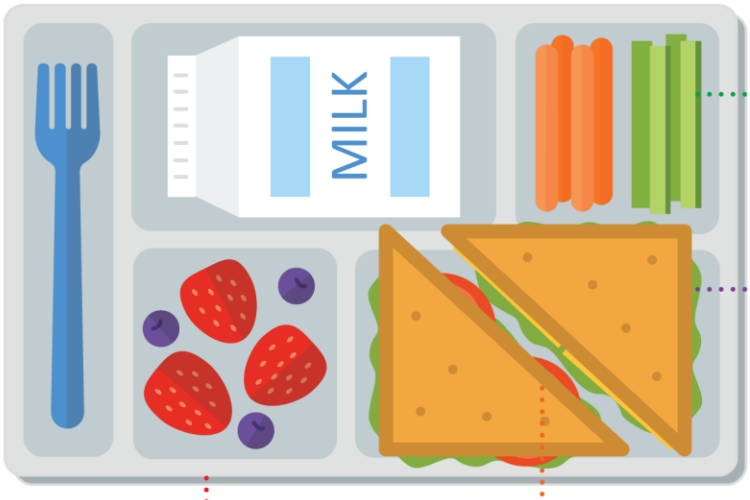

MILK IS MIGHTY
Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!

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!

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