

# Sharpsville Area Elementary School October Lunch Menu



## What Makes a Meal?

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

Choice of Meat or Meat Alternate  
Choice of Vegetable, Choice of Fruit\*  
Choice of Grain/Bread,  
and Choice of Milk

*\*Students must choose at least one fruit or vegetable*



## Fresh Fruits and Vegetables Offered Daily

**\*Vegetables may include:**

Broccoli Florets  
Baby Carrots  
Dark Leafy Greens  
Legume Salads  
Celery & Cucumber

**\*May choose two 1/2 cup servings**

**\*Fruits may include:**

Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Pears  
Applesauce

**\*May choose one 1/2 cup serving**

**MENUS SUBJECT TO CHANGE**



## Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,  
Fat Free White and Low Fat White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
	1 No School	2 No School	3 Sweet and Spicy BBQ  Chicken Bowl Popcorn Chicken and Steamed Corn Drizzled With Sweet and Spicy Honey BBQ Sauce	4 Assorted Specialty Pizza! Cheese, Pepper- oni, Fiesta or Sausage Pizza Steamed Sweet Peas	Daily Alternates:  Choice #2: Chicken Nuggets
7 Loaded Nachos  Seasoned Beef and  Cheddar Cheese Sauce over Tortilla Chips with All The Fixings!	8 Shaved Steak and Melted Cheese Hoagie  Served with Steamed Mixed Veggies	9 Homemade Baked Lasagna  Served with Caramelized  Carrots and a Garlic Bread- stick.	10 Chicken Patty Sandwich  With Creamy Mashed Potatoes and Gravy	11 Pizza Burger  A Juicy Beef Patty Topped with Melted Mozzarella Cheese and Pepperoni. Marinara Dipping sauce On The Side	Choice #3: Cheese or Pepper- oni Pizza Choice #4: Munchable
14 Macaroni and Cheese  Homemade With, Yellow American, White American and Cheddar Cheeses. Served with Steamed  Broccoli and Fresh Bread	15 Turkey Dinner Bowl  Chunks of Roasted Turkey Over Creamy Mashed Pota- toes, Gravy and Corn.  Served With A Fresh Dinner Roll	16 Pizza Dunkers  Cheesy Garlic Breadsticks and Marinara dipping Sauce  Served With Fresh  Tomato Cucumber Salad	17 BBQ Rib Sandwich  Served With Fresh Cole Slaw and Emoji Fries	18 Warm Ham and Cheese on a Pretzel Bun  Steamed Sweet Peas	Weeks: 1, 3, & 5 Nacho Munchable
21 No School	22 Pierogis  Potato Stuffed and Tossed in Butter, Onions and Garlic. Served With Savory Green Bean Casserole and Mini Pretzel	23 Popcorn Chicken Bowl  Creamy mashed Potatoes and Gravy, and Buttered Corn Sprinkled With Shred- ded Cheddar Cheese Served With a Fresh Biscuit	24 Cheese Burger  A Juicy Beef Patty Topped with Melted American Cheese Served With Crispy Fries	25 Meatball Hoagie  5 Meatballs, Mozzarella Cheese and Fresh Red Sauce In a Hoagie Bun	Weeks: 2&4 Pizza Munchable
28 BBQ Pulled Pork Sandwich  Served with Crunchy Onion Rings and Baked Beans	29 Orange Chicken Bowl Steamed Rice Topped with Popcorn Chicken, Seasoned Broccoli and Orange Sweet and Sour Sauce	31 Pancakes and  Sausage  Served with Cheesy Hash Brown Potatoes	31 Breaded Chicken Parme- san and Pasta with Creamy Red Sauce  Served with Green Beans and Fresh Dinner Roll		The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE
			Whole Grains Available Daily	Fresh Produce from Local Farms based on crop availability	Lunch Prices: Paid \$2.20 Reduced \$..40