

Sharpsville Area Elementary Lunch Menu

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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
September 30 Cheese Quesadilla Refried Beans Cinnamon Applesauce Fat Free Milk	October 1 Turkey & Cheese Melts On a Pretzel Bun Sweet Peas Chilled Pears Fat Free Milk	October 2 Chicken Alfredo With Garlic Toast Steamed Broccoli Chilled Pineapple Fat Free Milk	October 3 Korean BBQ Meatballs With Steamed Rice Steamed Carrots Apple slices Fat Free Milk	October 4 Cheeseburger On a Fresh Bun Straight Cut Fries Mixed Fruit Jello Fat Free Milk	Option #3 WOW Butter & Jelly Sandwich #4 Fruit & Yogurt Parfait #5 Pizza Munchable
October 7 Walking Beef Tacos With Nacho Cheese Doritos Seasoned Corn Diced Peaches Fat Free Milk	October 8 Bosco Sticks With Warm Marinara Sweet Peas Chilled Pears Fat Free Milk	October 9 French Toast Sticks Sausage Patty Tator Tots Chilled Orange Juice Fat Free Milk	October 10 Popcorn Chicken Bowl Fresh Dinner Roll Mashed Potatoes Apple sauce Fat Free Milk <i>Apple Crunch Day!</i>	October 11 BBQ Rib Hoagie Baked Beans Mixed Fruit Fat Free Milk	Option #3 WOW Butter & Jelly Sandwich #4 Fruit & Yogurt Parfait #5 Pizza Munchable
October 14 Fiestada Pizza Roasted Chickpeas Chilled Pineapple Fat Free Milk	October 15 Spicy Chicken Sandwich On a Fresh Bun Seasoned Carrots Mixed Berry Applesauce Fat Free Milk	October 16 Pizza Pasta Bake Garlic Breadstick Creamy Coleslaw Pineapple Tidbits Fat Free Milk	October 17 Chicken & Vegetable Dumplings With Rice Steamed Mixed Vegetables Mandarin Oranges Fat Free Milk	October 18 No School—ACT 80 Day	Option #3 WOW Butter & Jelly Sandwich #4 Fruit & Yogurt Parfait #5 Pizza Munchable
October 21 Pepperoni Pinwheel With Marinara Sweet Peas Chilled Pineapple Tidbits Fat Free Milk	October 22 Ham & Cheese Melt On a Stewed Tomatoes Seasoned Carrots Mixed Fruit Jello Fat Free Milk	October 23 Crispy Waffles Sausage Patty Tator Tots Chilled Grape Juice Fat Free Milk	October 24 Chicken Nuggets With Buttered Noodles Steamed Broccoli Appleslices Fat Free Milk	October 25 Sloppy Joe On a Fresh Bun Baked Beans Mandarin Oranges Fat Free Milk	Option #3 WOW Butter & Jelly Sandwich #4 Fruit & yogurt Parfait #5 Pizza Munchable
October 28 Pierogi's With Fresh Dinner Roll Mixed Vegetable Applesauce Fat Free Milk	October 29 Buffalo Chicken Dipper Fresh Sliced Bread Seasoned Corn Mandarin Oranges Fat Free Milk	October 30 Fluffy Pancakes Sausage Patty Tator Tots Chilled Grape Juice Fat Free Milk	October 31 Happy Halloween! Wiggly Worm Spaghetti With Eye balls (Meatballs) Garlic Breadstick Steamed Broomsticks (Broccoli) Fat Free Milk	November 1 Pulled Pork Sandwich On a Fresh Bun Seasoned Carrots Chilled Peaches Fat Free Milk	Option #3 WOW Butter & Jelly Sandwich #4 Fruit & yogurt Parfait #5 Pizza Munchable
Monday OR Chicken Patty On a Fresh Bun	Tuesday OR Beef & Cheese Soft Tacos	Wednesday OR Chicken Nuggets With Fresh Sliced Bread	Thursday OR Grilled Cheese Sandwich	Friday OR Homestyle Pizza	