



Tuscarora Elementary Lunch Menu September 2019



**Chef Metz is Cooking up...
Back to Football Season Meal w/
Sloppy Mac n Cheese Bowl!
Try it Tuesday Egg Plant on
Sept 24th**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-SEP	3-SEP	4-SEP	5-SEP	6-SEP
LABOR DAY	TOASTED PIZZA QUESADILLA ON FLATBREAD	CHICKEN PATTY ON A BUN	HOT TURKEY AND CHEESE PRETZEL	Back to Football Season!
	HONEY BBQ PULLED PORK SANDWICH	STEAK SALAD W/ EGG, CHEESE, AND WG ROLL	CHICKEN ALFREDO OVER PENNE NOODLES W/ BREADSTICK	SLOPPY MAC N CHEESE BOWL W/ BREADSTICK
SCHOOLS CLOSED	FEATURED VEGGIES: STEAMED GARDEN PEAS RED PEPPER STRIPS CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: TATER TOTS FRESH CUCUMBER SLICES CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: ROASTED ZUCCHINI ROMAINE SALAD CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: STEAMED BROCCOLI TOMATO WEDGES CHOICE OF FRUIT CHOICE OF MILK
	TURKEY AND CHEESE SALAD	NACHO CRAVEABLE	TURKEY AND CHEESE COLD CUT SANDWICH	
9-SEP	10-SEP	11-SEP	12-SEP	13-SEP
CHEESEBURGER ON A BUN	NACHOS GRANDE W/ CHOICE OF : BEEF OR	TOASTED CHEESE SANDWICH	HOME-MADE CREAMY MAC N CHEESE	TOASTED PIZZA QUESADILLA ON FLATBREAD
CHICKEN PARMESAN ON A BUN	APPLE BBQ PULLED PORK	CHICKEN CAESAR SALAD CROUTONS & PRETZEL STICK	CORN DOG	TURKEY & CHEESE WRAP
FEATURED VEGGIES: TATER TOTS FRESH CELERY STICKS CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: CHEESY CARROT CASSEROLE SPINACH SALAD CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: TOMATO SOUP CAESAR SALAD CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: BAKED BEANS FRESH CUCUMBER SLICES CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: STEAMED MIXED VEGETABLES CURLY FRIES CHOICE OF FRUIT CHOICE OF MILK
WEEKLY FEATURED:	GRILLED CHICKEN SALAD	BREADSTICK DIPPER CRAVEABLE	HAM AND CHEESE COLD CUT SANDWICH	
16-SEP	17-SEP	18-SEP	19-SEP	20-SEP
FISH SANDWICH ON WG BUN	WALKING TACO	HOM-MADE CHICKEN, CORN, NOODLE SOUP W/ CRACKERS AND ROLL	FRENCH TOAST STICKS WITH SYRUP OR	ITALIAN DUNKERS W/ SAUCE
HAND-BREADED ITALIAN CHICKEN W/ FRESH BAKED ROLL	HOT HAM AND CHEESE PRETZEL	CHEESE STEAK ON A BUN	HOT CAKES W/ SYRUP SAUSAGE PATTIES	CHEESY PIZZA
FEATURED VEGGIES: STEAMED GARDEN PEAS FRESH CARROTS CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: STEAMED GOLDEN CORN FRESH GRAPE TOMATOES CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: GREEN BEANS FRESH CUCUMBER SLICES CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: TATER TOTS FRESH CAULIFLOWER CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: MASHED SWEET POTATO ROMAINE SALAD CHOICE OF FRUIT CHOICE OF MILK
WEEKLY FEATURED:	CHEF'S SALAD	YOGURT AND CHEESE CRAVEABLE	BOLOGNA AND CHEESE COLD CUT SANDWICH	
23-SEP	24-SEP	25-SEP	26-SEP	27-SEP
TOASTED CHEESE SANDWICH	"TRY IT TUESDAY" EGGPLANT	WALKING TACO WITH FRESH BAKED ROLL	SLOPPY JOE ON A BUN	PEPPERONI & CHEESE PIZZA
HONEY BBQ PULLED PORK SANDWICH	CHEESEBURGER ON A BUN	HAM & CHEESE DELI HOAGIE W/ LETTUCE AND TOMATO	CHICKEN ALFREDO OVER PENNE NOODLES W/ BREADSTICK	FISH NUGGETS W/ FRESH BAKED ROLL
FEATURED VEGGIES: TOMATO SOUP CHICK PEAS CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: STEAMED BROCCOLI FRESH CARROTS CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: STEAMED CORN SIDE GARDEN SALAD CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: STEAMED MIXED VEGGIES GRAPE TOMATOES CHOICE OF FRUIT CHOICE OF MILK	FEATURED VEGGIES: STEAMED GREEN BEANS ROMAINE SALAD CHOICE OF FRUIT CHOICE OF MILK
Weekly Featured:	BAVARIAN SALAD	NACHO SNACK CRAVEABLE	TURKEY AND CHEESE COLD CUT SANDWICH	
30-SEP	1-OCT	2-OCT	3-OCT	4-OCT
POPCORN CHICKEN W/ BUTTERED NOODLES		THIS MONTH'S NUTRITIOUS FRIEND IS.....		
HOT HAM & CHEESE SANDWICH		EGG PLANT		
FEATURED VEGGIES: PEAS CARROTS CHOICE OF FRUIT CHOICE OF MILK				
WEEKLY FEATURED:	CRISPY CHICKEN SALAD	"MAKE YOUR OWN PIZZA" CRAVEABLE	HAM AND CHEESE COLD CUT SANDWICH	

What is a Meal?
You must choose at least 3 of 5 components available for the school lunch price. Meat or meat alternate, choice of vegetable, choice of fruit, grain/ bread and choice of milk (1% White, Fat Free Chocolate, Fat Free White, Fat Free Vanilla, Fat Free Strawberry).

A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup vegetable MUST accompany a reimbursable lunch!

Weekly Vegetable Subgroups May Include:
Dark green (spinach, broccoli, romaine, spring salad), red/orange (carrots, sweet potatoes, tomatoes, red peppers), beans/peas (legumes), and starchy (white potatoes, corn, peas, lima beans). Other vegetables will include celery sticks, cucumbers, cauliflower, green peppers, green beans, & cabbage

Daily Fruit Selections May Include:
Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, and Mandarin Oranges.

Leave your lunchbox at home!

Daily Entrée Options May include:

Entrée Salad of the day with WG dinner roll

Weekly Craveable !!

Yogurt, cheese, and Cracker Nacho, Cheese, and Salsa "Make your own" Pizza Breadstick Dipper

Ham, Turkey, or Bologna Cold Cut WG Sandwich

Hot Dog on WG Roll

Contact Info
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Student Paid Lunch \$2.55 Student Reduced Lunch \$0.40 Adult Lunch \$3.85
To make a deposit or view your child's account visit www.myschoolbucks.com