



# Tuscarora Elementary Lunch Menu

## October 2019



Chef Metz is cookin' up.....  
Fresh Baked Pumpkin Bar on Try it  
Tuesday the 8th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1-OCT	2-OCT	3-OCT	4-OCT
	NACHOS GRANDE W/ CHOICE OF : BEEF OR APPLE BBQ PULLED PORK	CHICKEN STIR FRY DAY SERVED OVER RICE CHEESEBURGER ON A BUN	FRENCH TOAST STICKS WITH SYRUP OR HOT CAKES W/ SYRUP SAUSAGE PATTIES	CHEESY PIZZA CORN DOG
	<b>FEATURED VEGGIES:</b> CORN ROMAINE SALAD CHOICE OF FRUIT CHOICE OF MILK	<b>FEATURED VEGGIES:</b> STEAMED BROCCOLI FRESH CELERY STICKS CHOICE OF FRUIT CHOICE OF MILK	<b>FEATURED VEGGIES:</b> HASH BROWN POTATO CHERRY TOMATOES CHOICE OF FRUIT CHOICE OF MILK	<b>FEATURED VEGGIES:</b> BAKED BEANS FRESH CUCUMBER SLICES CHOICE OF FRUIT CHOICE OF MILK
	<b>WEEKLY FEATURED:</b> CRISPY CHICKEN SALAD	"MAKE YOUR OWN PIZZA" CRAVEABLE	HAM AND CHEESE COLD CUT SANDWICH	
7-OCT	8-OCT	9-OCT	10-OCT	11-OCT
ITALIAN MEATBALL AND CHEESE HOAGIE CHICKEN AND CHEESE FLATBREAD QUESADILLA	TRY IT TUESDAY: PUMPKIN CHICKEN NUGGETS WITH FRESH BAKED PUMPKIN BAR SLOPPY JOE ON A BUN	WALKING TACO W/ FRESH BAKED ROLL TURKEY AND CHEES DELI HOAGIE W/ LETTUCE AND TOMATO	TOASTED CHEESE SANDWICH HOT DOG IN A BUN	PEPPERONI & CHEESE PIZZA HAND-BREADED ITALIAN CHICKEN WITH SOFT PRETZEL RODS
<b>FEATURED VEGGIES:</b> OVEN FRIES FRESH GREEN PEPPER STRIPS CHOICE OF FRUIT CHOICE OF MILK	<b>FEATURED VEGGIES:</b> GREEN BEANS SPINACH SALAD CHOICE OF FRUIT CHOICE OF MILK	<b>FEATURED VEGGIES:</b> TATER TOTS FRESH BROCCOLI CHOICE OF FRUIT CHOICE OF MILK	<b>FEATURED VEGGIES:</b> TOMATO SOUP CHICKPEAS CHOICE OF FRUIT CHOICE OF MILK	<b>FEATURED VEGGIES:</b> CHEESY CARROT CASSEROLE ROMAINE SALAD CHOICE OF FRUIT CHOICE OF MILK
<b>WEEKLY FEATURED:</b> CHOPPED GARDEN SALAD	YOGURT AND CHEESE CRAVEABLE	BOLOGNA AND CHEESE COLD CUT SANDWICH		
14-OCT	15-OCT	16-OCT	17-OCT	18-OCT
IN SERVICE DAY	ACT 90 DAY	CHICKEN PATTY ON A BUN	HOT HAM AND CHEESE PRETZEL	SLOPPY MAC N CHEESE BOWL W/ BREADSTICK
NO CLASSES	NO CLASSES	STEAK SALAD W/ EGG, CHEESE, AND WG ROLL <b>FEATURED VEGGIES:</b> TATER TOTS FRESH CUCUMBER SLICES CHOICE OF FRUIT CHOICE OF MILK	SPAGHETTI WITH MEGA MEATBALL, SAUCE, & BREADSTICK <b>FEATURED VEGGIES:</b> STEAMED GARDEN PEAS ROMAINE SALAD CHOICE OF FRUIT CHOICE OF MILK	CHEESY PIZZA <b>FEATURED VEGGIES:</b> STEAMED BROCCOLI TOMATO WEDGES CHOICE OF FRUIT CHOICE OF MILK
<b>WEEKLY FEATURED:</b> TURKEY AND CHEESE SALAD	NACHO CRAVEABLE	TURKEY AND CHEESE COLD CUT SANDWICH		
21-OCT	22-OCT	23-OCT	24-OCT	25-OCT
CHEESEBURGER ON A BUN CHICKEN PARMESAN ON A BUN	NACHOS GRANDE W/ CHOICE OF : BEEF OR APPLE BBQ PULLED PORK	TOASTED CHEESE SANDWICH CHICKEN CAESAR SALAD CROUTONS & PRETZEL STICK	HOME-MADE CREAMY MAC N CHEESE CORN DOG	TOASTED PIZZA QUESADILLA ON FLATBREAD TURKEY & CHEESE WRAP
<b>FEATURED VEGGIES:</b> TATER TOTS FRESH CELERY STICKS CHOICE OF FRUIT CHOICE OF MILK	<b>FEATURED VEGGIES:</b> CHEESY CARROT CASSEROLE SPINACH SALAD CHOICE OF FRUIT CHOICE OF MILK	<b>FEATURED VEGGIES:</b> TOMATO SOUP CAESAR SALAD CHOICE OF FRUIT CHOICE OF MILK	<b>FEATURED VEGGIES:</b> BAKED BEANS FRESH CUCUMBER SLICES CHOICE OF FRUIT CHOICE OF MILK	<b>FEATURED VEGGIES:</b> STEAMED MIXED VEGETABLES CURLY FRIES CHOICE OF FRUIT CHOICE OF MILK
<b>WEEKLY FEATURED:</b> GRILLED CHICKEN SALAD	BREADSTICK DIPPER CRAVEABLE	HAM AND CHEESE COLD CUT SANDWICH		
28-OCT	29-OCT	30-OCT	31-OCT	1-Nov
FISH SANDWICH ON WG BUN	WALKING TACO	HOME-MADE CHICKEN, CORN, NOODLE SOUP W/ CRACKERS AND ROLL	Trick or Treat! FRENCH TOAST STICKS WITH SYRUP AND SAUSAGE -OR- HOT CAKES W/ SAUSAGE & SYRUP	NUTRITIOUS FRIEND OF THE MONTH PUMPKIN TUESDAY OCTOBER 8TH
HAND-BREADED ITALIAN CHICKEN W/ FRESH BAKED ROLL <b>FEATURED VEGGIES:</b> STEAMED GARDEN PEAS FRESH CARROTS CHOICE OF FRUIT CHOICE OF MILK	<b>FEATURED VEGGIES:</b> STEAMED GOLDEN CORN FRESH GRAPE TOMATOES CHOICE OF FRUIT CHOICE OF MILK	<b>FEATURED VEGGIES:</b> GREEN BEANS FRESH CUCUMBER SLICES CHOICE OF FRUIT CHOICE OF MILK	<b>FEATURED VEGGIES:</b> TATER TOTS FRESH CAULIFLOWER CHOICE OF FRUIT CHOICE OF MILK	
<b>WEEKLY FEATURED:</b> CHEF'S SALAD	YOGURT AND CHEESE CRAVEABLE	BOLOGNA 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  
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