



# MERCER AREA SCHOOL DISTRICT

Mercer - Coolspring - E. Lackawanna - Fundloy - Jefferson



## Lunch February Elementary

Monday	Tuesday	Wednesday	Thursday	Friday
30 Fish Sandwich Baked Fries Choice of Fruit Choice of Milk	31 Hot Turkey Sand Mashed Potatoes Choice of Fruit Choice of Milk	1 <b><u>NO SCHOOL</u></b>	2 Chicken Nuggets Mashed Potatoes/Gravy Hot Vegetable Choice of Fruit Choice of Milk	3 Pizza Salad Choice of Fruit Choice of Milk
6 Chicken Pattie Baked Fries Choice of Fruit Choice of Milk	7 Lasagna Breadstick Hot Vegetable Choice of Fruit Choice of Milk	8 Pancakes Sausage Choice of Fruit Choice of Milk	9 Chicken Tenders Mashed Potatoes/Gravy Hot Vegetable Choice of Fruit Choice of Milk	10 Pizza Salad Choice of Fruit Choice of Milk
13 Chicken Fajita Buttered Noodles Hot Vegetable Choice of Fruit Choice of Milk	14 Taco Meat/Cheese Refried Beans Choice of Fruit Choice of Milk	15 Cheeseburger Potato Wedges Choice of Fruit Choice of Milk	16 Popcorn Chicken Mashed Potatoes/Gravy Hot Vegetable Choice of Fruit Choice of Milk	17 <b><u>NO SCHOOL</u></b>
20 Chicken Noodle Soup Peanut Butter Sand. Vegetable Choice of Fruit Choice of Milk	21 Pretzel Cheese Baked Beans Choice of Fruit Choice of Milk	22 Fish Sticks Baked Fries Hot Vegetable Choice of Fruit Choice of Milk	23 Chicken Alfredo Breadstick Broccoli Choice of Fruit Choice of Milk	24 Pizza Salad Choice of Fruit Choice of Milk
27 Baked Chicken Sand. Tater Tots Choice of Fruit Choice of Milk	28 Mac -n- Cheese Roll/Butter Hot Vegetable Choice of Fruit Choice of Milk			

Adult Lunch \$4.05

Milk \$0.35

### **Menu Subject to Change**

Please discuss any food allergy issues concerning your child with Resident Director Jane Ferguson 724-662-5104 ext 23

### **What Makes 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) A minimum of ½ cup serving of fruit or a minimum of a ½ 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 beans, cabbage, green peppers.

### **Daily Fruit Selections May Include:**

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Mellon, Strawberries, Applesauce, Pineapples, and Mandarin Oranges.

### **LEAVE YOUR LUNCH BOX AT HOME! Daily Entrée Options May Include one of the following:**

Large Chef Salad & Stuffed Deli Hoagie & Low Fat Yogurt & Smuckers PB&J

