High School Lunch Menu January-February 2016

Food Service Cindy Fitzgerald Phone # 570/946/6020
E-mail foodservice@sulcosd@k12.pa.us

The Grille

Grilled Chicken Sandwich
Cheeseburger on a Bun
Breaded Chicken Sandwich
BBQ Ribs on a Bun

The Garden

Grilled Chicken Sandwich
Roast Turkey & Cheese Salad
Chicken Caesar Salad
Garden Salad with Cheese
Chef Salad
Breaded Chicken Salad

The Pizzeria

Hot Buffalo Chicken Pizza
Mexican Pizza
Pepperoni Pizza
Mozzarella Cheese Pizza
California Chicken Bacon Ranch Pizza
Broccoli & Cheese Pizza

Grab & Go

A wide variety of sandwiches, wraps, specialty salads and yogurt parfaits are available daily!

Options

Monday	Tuesday	Wednesday	Thursday	Friday
1/25 Sausage /Green peppers & onions Tender Peas Sweet Peaches Fat Free Milk	1/26 Hot Pork Sandwich Mixed Veggies Sliced Apples Fat Free Milk	1/27 Chicken & Biscuits Mashed Potatoes Peas Pineapple Fat Free Milk	1/28 Ham & Cheese Bagel Hash Brown Mixed Veggies Mixed Fruit Fat Free Milk	1/29 Fish Patty Oven Baked Fries Pineapple Fat Free Milk
2/1 Spaghetti /Meatballs Garlic Bread Mandarin Oranges Fat Free Milk	2/2 Brunch For Lunch French Toast/Sausage Tator Tots Applesauce Fat Free Milk	2/3 Gramma Chicken Bake Tender Peas Apricots Fat Free Milk	2/4 Mac & Cheese Stewed Tomatoes Pineapple Tidbits Fat Free Milk	2/5 Grilled Cheese Tomato Soup/Crackers Mixed Fruit Cup Fat Free Milk
2/8 Hot Ham & Cheese on a Pretzel Roll Broccoli 100 % Juice Fat Free Milk	2/9 Jamaican Pork/over Rice Tender Green Beans Pears Fat Free Milk	2/10 Pierogi Lasagna Mixed Steamed Veggies Fruit Cup Fat Free Milk	2/11 Ham & Potato Casserole Steamed Peas Pineapple Fat Free Milk Recipe of the Month	2/12 NO SCHOOL (unless snow make-up day)
2/15 IN SERVICE DAY NO SCHOOL	2/16 Cheese Steak on a roll Mixed Veggies Sweet Peaches Fat Free Milk	2/17 Chicken & Biscuits Mashed Potatoes Sliced Pears Fat Free Milk	2/18 Rosey Red Pasta Tender Green Beans Sliced Apples Fat Free Milk	2/19 Tuna Noodle Casserole Oven Baked Fries Mixed Fruit Cup Fat Free Milk
2/22 Walking Tacos Sweet Corn Apricots Fat Free Milk	2/23 Mac & Cheese Stewed Tomatoes Pineapple Tidbits Fat Free Milk	2/24 Popcorn Chicken Bowl Steamed Broccoli Peaches Fat Free Milk	2/25 Swedish Meatballs over Noodles Green Beans Applesauce Fat Free Milk	2/26 Fish Sticks Oven Baked Fries Mixed Fruit Cup Fat Free Milk
Monday: Chicken Nuggets w/bread	Tuesday: BBQ Rib on a bun	Wednesday: Hamburger on a bun	Thursday: Chicken Patty on a bun	Friday: Corn Dog Nuggets w/bread

The Deli

Spicy Italian Hoagie
Buffalo Chicken
Oven Roasted Turkey and Cheese
Ham & Cheese

Accompaniments

*Must take at least one 1/2 cup of fruit or vegetable

*Vegetable Bar includes:

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

*Fruits include:

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

Milk

Milk Choices Offered Daily:
1% white, non-fat white, non-fat flavored

Proud to manage your food service program

Lunch Prices: Paid $2.05 Reduced $..40 Adults $2.90

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

MENUS SUBJECT TO CHANGE