

Southern Tioga Elementary Lunch Menu May-June 2017

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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
5/1 Meatball & Mozzarella Sub Corn Niblets Chilled Peaches Low Fat Milk	5/2 Italian Dunkers w/ Marinara Sauce Seasoned Green Beans Cinnamon Applesauce Low Fat Milk	5/3 Cheese Steak Sub Steamed Broccoli Pineapple Tidbits Low Fat Milk	5/4 Chicken and Biscuit Sweet Peas Mandarin Oranges Low Fat Milk	5/5 Cooks Choice Mixed Vegetables Chilled Pears Low Fat Milk	*Chef Salad with Roll *Peanut Butter and Jelly Sandwich **"Munchables" See Listing below
5/8 Macaroni and Cheese Mini Soft Pretzel Steamed Broccoli Sliced Pears Low Fat Milk	5/9 Walking Taco Brown Rice Refried Beans Pineapple Tidbits Low Fat Milk	5/10 Swedish Meatballs Over Noodles WG Bread Steamed Carrots Chilled Peaches Low Fat Milk	5/11 Chicken Nuggets Buttered Noodles Sweet Peas Strawberry Cup Low Fat Milk	5/12 Cooks Choice Seasoned Green Beans Chilled Peaches Low Fat Milk	Week 1-Bologna & Cheese Week 2-Nacho Dippers Week 3-Chicken Nugget Week 4-Ham & Cheese Week 5- Pizza Dippers
5/15 Potato Puff Casserole WG Bread Steamed Carrots Apple Crisp Low Fat Milk	5/16 Spaghetti & Meat Sauce Garlic Bread Seasoned Green Beans Chilled Peaches Low Fat Milk	5/17 END OF YEAR PICNIC Pulled Pork BBQ French Fries 100% Fruit Juice Slushy Low Fat Milk	5/18 Pepperoni Roll Up Sweet Peas Chilled Peaches Low Fat Milk	5/19 Cooks Choice Steamed Broccoli Pineapple Tidbits Low Fat Milk	 Fresh Produce from Tioga County Greens and Landon's Orchard based on crop availability
5/22 French Toast Sticks Sausage Patties Emoji Fries Applesauce Low Fat Milk	5/23 All American Sub Broccoli Salad Peach Cup Low Fat Milk	5/24 Soft Beef Tacos Refried Beans Pineapple Tidbits Low Fat Milk Wellness Wednesday @ WLM Sweet Potato Salad	5/25 Popcorn Chicken Bowl w/ Mashed Potatoes & Corn WG Bread Strawberry Cup Low Fat Milk	5/26 Cooks Choice Sweet Peas Mandarin Oranges Low Fat Milk	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
5/29 MEMORIAL DAY NO SCHOOL	5/30 Grilled Cheese Sandwich Tomato Soup Mixed Vegetables Chilled Peaches Low Fat Milk	5/31 Sloppy Joe on WG Bun French Fries Applesauce Low Fat Milk	6/1 Cooks Choice Seasoned Green Beans Mixed Fruit Low Fat Milk		 Whole Grains Available Daily
Monday Chicken Tenders with Bread Fresh Cucumbers	Tuesday Corn Dog Nuggets Baby Carrots	Wednesday Chicken Patty on Bun Bean Salad	Thursday Cheeseburger on WG Roll Tossed Salad	Friday Cheese Pizza Fresh Broccoli	Lunch Prices: Paid \$ 2.20 Reduced \$0.40 Adult \$3.70