

Southern Tioga Elementary Lunch Menu January 2019

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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 Flavored, Fat Free White and Low Fat White



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
HAPPY NEW 2019 YEAR		1/2 Cheese Streak Sub French Fries Chilled Peaches Low Fat Milk	1/3 Lasagna Roll Up WG Roll Mixed Vegetables Pineapple Tidbits Low Fat Milk	1/4 Sautéed Pierogies WG Bread Steamed Broccoli Mandarin Oranges Low Fat Milk	*Chef Salad with Roll M-W-F *Fruit & Yogurt Parfait TU-TH *Sun Butter and Jelly Sandwich Every Day
1/7 Meatball & Mozzarella Sub Steamed Carrots Chilled Pears Low Fat Milk	1/8 Chicken and Biscuit Mashed Potatoes Chilled Peaches Low Fat Milk	1/9 Beef Taco's Corn Niblets Cinnamon Applesauce Low Fat Milk	1/10 Pepperoni Roll Up Mixed Vegetables Mandarin Oranges Low Fat Milk	1/11 Hot Ham & Cheese On Pretzel Bun Steamed Broccoli Pineapple Tidbits Low Fat Milk	Munchable Option Week 1-Nacho Dippers Week 2-Turkey/Cheese Week 3-Nacho Dippers Week 4-Turkey/Cheese Week 5-Nacho Dippers
1/14 French Toast Sticks Sausage Patties Smiley Fries Chilled Pears Low Fat Milk	1/15 Spaghetti w/ Meat Sauce WG Bread Steamed Broccoli Mandarin Oranges Low Fat Milk	1/16 Swedish Meatballs Over Noodles Sweet Peas Chilled Peaches Low Fat Milk	1/17 Italian Dunkers w/ Marinara Sauce Mixed Vegetables Pineapple Tidbits Low Fat Milk	1/18 Grilled Hot Dog on Bun BBQ Baked Beans Cinnamon Applesauce Low Fat Milk	Fresh Produce from Tioga County Greens and Landon's Orchard based on crop availability
1/21 NO SCHOOL	1/22 Chicken Nuggets Buttered Noodles Steamed Broccoli Mandarin Oranges Low Fat Milk	1/23 Sloppy Joe on WG Bun French Fries Cinnamon Applesauce Low Fat Milk	1/24 Grilled Cheese Sandwich Tomato Soup Steamed Carrots Chilled Peaches Low Fat Milk	1/25 PENGUIN APPRECIATION DAY Fish Sticks WG Bread Sweet Peas Pineapple Tidbits 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
1/28 Cheesy Ham & Potato Au Gratin WG Roll Steamed Broccoli Mandarin Oranges Low Fat Milk	1/29 Pulled Pork Sandwich French Fries Chilled Pears Low Fat Milk	1/30 Walking Tacos w/ Beef, Cheese & Rice Steamed Broccoli Cinnamon Applesauce Low Fat Milk	1/31 Popcorn Chicken Bowl w/Mashed Potatoes & Corn WG Bread Chilled Peaches Low Fat Milk	Happy New Year!	 Whole Grains Available Daily
Monday Chicken Tenders with Bread Fresh Cucumbers	Tuesday Mini Corn Dogs 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