

Southern Tioga Area High School Lunch Menu January 2019



Food Service Director: Tammy Stough
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Grab & Go

Yogurt Parfaits with Belly Bears
Peanut Butter and Jelly Sandwich
Assorted Wraps
Assorted Hoagies

The Pizzeria

Monday: Mozzarella Cheese Pizza
Friday: Pepperoni Pizza

The Garden

Chef Salad with Roll
Garden Salad with Roll



Fresh Produce from
Tioga County
Greens and
Landon's
Orchard based on
crop availability

Options

Monday	Tuesday	Wednesday	Thursday	Friday
HAPPY NEW 2019 YEAR				
1/7 Meatball & Mozzarella Sub Steamed Carrots Chilled Peaches 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 STSD Pizza Bread Mixed Vegetables Mandarin Oranges Low Fat Milk	1/11 Swine Fries (pulled pork over fries) WG Bread Steamed Broccoli Pineapple Tidbits Low Fat Milk
1/14 Chicken Alfredo WG Bread Sweet Peas Mandarin Oranges Low Fat Milk	1/15 French Toast Sticks Sausage Patties Smiley Fries Chilled Peaches Low Fat Milk	1/16 Swedish Meatballs Over Noodles WG Bread Steamed Broccoli Chilled Peaches Low Fat Milk	1/17 Italian Dunkers w/ Marinara Sauce Mixed Vegetables Pineapple Tidbits Low Fat Milk	1/18 Sautéed Pierogies WG Bread Steamed Carrots Cinnamon Applesauce Low Fat Milk
1/21 NO SCHOOL	1/22 Chicken Tenders Buttered Noodles Steamed Broccoli Mandarin Oranges Low Fat Milk	1/23 LUCKY LUNCH DAY Shepard's Pie WG Bread Steamed Carrots Cinnamon Applesauce Low Fat Milk RECIPE OF THE MONTH	1/24 Cheesy Piglet Grilled Cheese French Fries Chilled Peaches Low Fat Milk FOOD FUSION	1/25 General Tso's Chicken Over Rice WG Bread Sweet Peas Mixed Fruit Low Fat Milk
1/28 Breakfast Burger (Burger, Egg, Hashbrown And Cheese on a Bun) Steamed Broccoli Chilled Peaches Low Fat Milk	1/29 Pulled Pork Sandwich French Fries Chilled Peaches Low Fat Milk	1/30 Walking Taco w/ beef, cheese and rice Corn Niblets Pineapple Tidbits Low Fat Milk	1/31 Cheesy Ham & Potato Au Gratin WG Roll Sweet Peas Mandarin Oranges Low Fat Milk	
Monday: Buffalo Chicken Pizza Fresh Cucumbers	Tuesday: Cheeseburgers Baby Carrots	Wednesday: Chicken Patty on WG Bun Bean Salad	Thursday: Cheeseburger Mixed Green Salad	Friday: White Pizza Fresh Broccoli

Accompaniments

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

*Vegetable Bar
may
include:

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

*Fruits may include:

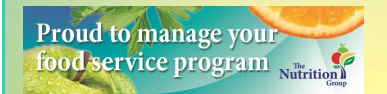
Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce



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



Whole Grains
Available Daily



**Lunch
Prices:**

**Paid: \$2.45
Reduced: \$.40
Adult: \$3.70**



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