

# South Allegheny Elementary May-June 2017 Lunch Menu

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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 include:

Broccoli Florets  
Baby Carrots  
Dark Leafy Greens  
Legume Salads  
Celery & Cucumber  
\*May choose two 1/2 cup servings

### \*Fruits include:

Crisp Apple  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Pears  
Applesauce  
\*May choose 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

In accordance with Federal law and U.S. Dept of Agriculture civil rights regulations and policies, this Institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cheese Steak Hoagie or Deli Sandwich Oven Baked Beans Applesauce Cup Milk Choice	2 Nacho's Grande (Taco Meat, Cheese Sauce & Salsa) or Hot Dog on a Bun Steamed Corn Mixed Fruit Cup Milk Choice	3 Cheeseburger or Breaded Fish Sandwich Oven Fries Pineapple Tidbits Milk Choice	4 Cheese Pizza or Mini Corn Dogs Romaine Salad Diced Peaches Milk Choice	5 BBQ Rib Sandwich or Sloppy Joe Sandwich Glazed Carrots Mandarin Oranges Milk Choice
8 Breaded Chicken Patty Regular or Spicy or Italian Hoagie Sweet Potatoes Fresh Apple Slices Milk Choice	9 BBQ Rib Sandwich or Hot Dog on a Bun Baked Tator Tots Sliced Peaches Cup Milk Choice	10 Gladiator Bowl (Popcorn Chicken, Mashed Potatoes, Corn & Gravy) Roll Or Cheeseburger Mashed Potato/Gravy Mixed Fruit/ Milk Choice	11 Italian Dunkers with Marinara Sauce or Mini Corn Dogs Steamed Broccoli Applesauce Cup Milk Choice	12 <b>NO SCHOOL FOR STUDENTS</b>  <b>ACT 80 DAY</b>
15 Chicken Fajita Wrap or Or Hot Ham & Cheese /Bun Oven Baked Beans Peach Cup Milk Choice	16 Nacho's Grande (Taco Meat, Cheese Sauce & Salsa) or Mini Corn Dogs Steamed Carrots Diced Pears Cup Milk Choice	17 Breaded Chicken Nuggets Bread Slice Turkey & Cheese Hoagie Steamed Broccoli Mandarin Oranges Milk Choice	18 Cheese Pizza or Sloppy Joe Sandwich with Shredded Cheese Steamed Green Beans Applesauce Cup Milk Choice	ECC GRILLED LUNCH Hot Dogs-Hamburgers Corn on the Cob Watermelon Slice-Milk SAE Meatball Hoagie or Fish Sticks w Dinner Roll Oven Fries—Mixed Fruit
SAE GRILLED LUNCH Hot Dogs-Hamburgers Corn on the Cob Watermelon Slice-Milk ECC Meatball Hoagie or Fish Sticks w Dinner Roll Green Beans—Applesauce Cup	23 Breaded Chicken Sandwich Regular or Spicy or Hot Dog on a Bun Vegetarian Beans Mandarin Oranges Milk Choice	24 Pasta with Meat Sauce Dinner Roll or Breaded Chicken Nuggets Dinner Roll Romaine Salad Mixed Fruit/ Milk Choice	25 Italian Dunkers w/Sauce Or Sloppy Joe Sandwich with Shredded Cheese Steamed Carrot Coins Diced Pears Cup Milk Choice	26 Beef Taco with Shredded Lettuce, Tomato & Cheese Or Mini Corn Dogs Baked Tator Tots Pineapple Tidbits Cup Milk Choice
29 <b>MEMORIAL DAY</b>  	30 Italian Dunkers with Sauce or Hot Dog on a Bun Steamed Broccoli Sliced Peach Cup Milk Choice	31 Gladiator Bowl (Popcorn Chicken, Mashed Potatoes, Corn & Gravy) Or Hamburger Mashed Potato/Gravy Mixed Fruit/ Milk Choice	MONDAY JUNE 5 Cheese Pizza or Mini Corn Dogs Steamed Green Beans Applesauce Cup Milk Choice	TUESDAY JUNE 6  LAST DAY OF SCHOOL  NO LUNCHES SERVED
Monday SAE Chef Salad	Tuesday SAE Chef Salad	Wednesday SAE Chef Salad	Thursday SAE Chef Salad	Friday SAE Chef Salad