



SHIKELLAMY SCHOOL DISTRICT

OCTOBER 2016 - SECONDARY LUNCH MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
Available Daily: Turkey Burger or Sloppy Joe Sandwich Variety of Yogurt	3 Meatball Hoagie or BBQ Chicken Sandwich Baked Hash Brown Rainbow Salad Chilled Pears	4 Pizza Wedge or Chicken Nuggets w/Roll Fresh Garden Salad w/Dressing Baked French Fries Chilled Pineapple	5 Cheese Steak Sandwich or Turkey Burger Broccoli Dippers Seasoned Corn Chilled Mandarin Oranges	6 Hot Dog on Roll BBQ Rib Sandwich Baked Beans Cole Slaw Chilled Peaches	7 Brave Burger on Roll or Italian Dunkers Celery Styx Carrots Cinnamon Applesauce
Available Daily: Pizza Wedge Sausage Sandwich w/Onions & Peppers Variety of Yogurt	10 Ham/Cheese Melt on Pretzel Roll or Chicken Patty on Roll Baked Hash Brown Green Beans Chilled Mixed Fruit	11 Taco Tuesday-Beef or Chicken or Pulled Pork Sandwich Black Bean Salad Seasoned Corn Chilled Pineapple	12 BBQ Rib Sandwich or Turkey Burger Baked Tater Tots Seasoned Carrots Chilled Peaches	13 Assorted Hoagies w/L & T or Tuna Melt Fresh Veggie Styx Assorted Chips Side Kicks	14 Sloppy Joe Sandwich or Grilled Chicken Salad Baked French Fries Broccoli Dippers Chilled Pears
Available Daily: Brave Burger or Italian Dunkers Variety of Yogurt	17 NO SCHOOL Teacher In-Service	18 Chicken Nuggets w/Roll or Stromboli Styx w/Sauce Rainbow Salad Sweet Potato French Fries Chilled Pineapple	19 Cinnamon French Toast Sausage or Pulled Pork Sandwich Baked Hash Brown Cinnamon Applesauce	20 School Made Beef Vegetable Soup Hot Ham/Cheese Sandwich or Hot Dog on a Roll Baby Carrots Mixed Fruit	21 BBQ Rib Sandwich or Spicy Chicken Sandwich Heritage Salad w/Dressing Fresh Cauliflower Chilled Peaches
Available Daily: Meatball Hoagie or BBQ Rib Sandwich Variety of Yogurt	24 Flatbread Cheese Steak or Chicken Tenders Broccoli Dippers Seasoned Corn Chilled Mixed Fruit	25 Chili Mango Chicken Drum Styx or Turkey Burger on Roll Brown Rice Seasoned Carrots Chilled Pineapple	26 Tomato Soup/Toasted Cheese Sandwich or Fish Melt Peas Celery Styx Chilled Applesauce	27 Vegetable Pizza Wedge or Italian Dunkers Garden Salad w/Dressing Baked French Fries Mandarin Oranges	28 Hot Dog on a Roll or Brave Burger on Roll Rainbow Salad Baked Tater Tots Chilled Peaches
	31 1/2 ACT 80 DAY NO SCHOOL - PM Bagged Lunches	Director of Food Service Mr. Matthew Mitchell 570-286-3740 mitchellm@shikbraves.org	Daily Choice of: Chef Salad w/Crackers Assorted Deli Sandwiches PB & J Sandwich Assorted Wraps & Hoagies Salad Bar	Milk Served with Every Lunch Fat-Free White 1% White Fat-Free Chocolate	Apply for Free/Reduced Meals for 2016/17. Even if your child was Free/Reduced last year. You must re-apply before 10/7/16.

MENU ITEMS SUBJECT TO CHANGE