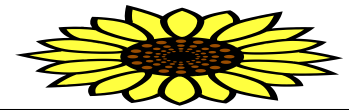


SHIKELLAMY SCHOOL DISTRICT

SEPTEMBER 2016 - SECONDARY LUNCH MENU



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Apply for Free/Reduced Meals for 2016/17 Even if your child was Free/Reduced last year you must re-apply before 10/7	Daily Choice of : Chef Salad w/crackers Assorted Deli Sandwiches PB&J Sandwich Assorted Wraps & Hoagies Salad Bar	Served with Every Lunch Fat-Free White Milk 1% White Milk Fat-Free Chocolate Milk	Director of Food Service Mr. Matthew Mitchell 570-286-3740 mitchell@shikbraves.org	2
Available Daily: Grilled Chix Sandwich Pizza Wedges Variety of Yogurt	5 NO SCHOOL	6 Cheese Steak w/Sauce or Chicken Patty Sandwich Broccoli Florets Seasoned Corn Chilled Mandarin Oranges Seasonal Fruit Bowls	7 Brave Burger or Pulled Pork Sandwich Celery Styx Green Beans Cinnamon Applesauce Seasonal Fruit Bowls	8 Hot Dog on Roll or Italian Dunkers w/Sauce Baked Beans Cole Slaw Chilled Pears Seasonal Fruit Bowls	9 Meatball Hoagie or Monte Cristo Sandwich Carrot Styx Baked French Fries Chilled Peaches Seasonal Fruit Bowls
Available Daily: Spicy Chix Patty Meatball Hoagie Variety of Yogurt	12 BBQ Rib Sandwich or Turkey Burger Baby Carrots Baked Tater Tots Chilled Mandarin Oranges Seasonal Fruit Bowls	13 Pizza Wedge or Chicken Nuggets w/Roll Broccoli Florets Baked French Fries Chilled Pineapple Seasonal Fruit Bowls	14 Cinnamon French Toast w/Sausage or Pulled Pork Sandwich Rainbow Salad Cinnamon Applesauce Seasonal Fruit Bowls	15 Tomato Soup & Toasted Cheese Sandwich or Fish Melt Peas Celery Styx Chilled Pears Seasonal Fruit Bowls	16 Grilled Chicken Sandwich or Sausage Sandwich w/O&P Heritage Salad w/Dressing Fresh Cauliflower Chilled Peaches Seasonal Fruit Bowls
Available Daily: Brave burger Grilled Chix Sandwich Variety of Yogurt	19 Chicken Tenders w/Roll or BBQ Rib Sandwich Baked Hash Brown Baby Carrots Mandarin Oranges Seasonal Fruit Bowls	20 Taco Tuesday-Beef/Chicken or Fish Hoagie Chix-a-Boom Salad Seasoned Corn Chilled Pineapple Seasonal Fruit Bowls	21 Monte Cristo Sandwich or Stromboli Styx w/Sauce Baked French Fries Fresh Cauliflower Chilled Mixed Fruit Seasonal Fruit Bowls	22 Pizza Wedge or Turkey Burger Celery Styx Garden Salad w/Dressing Chilled Applesauce Seasonal Fruit Bowls	23 Hot Dog on a Roll or Spicy Chicken Patty Baked Beans Broccoli Dippers Chilled Peaches Seasonal Fruit Bowls
Available Daily: Spicy Chix Patty Meatball Hoagie Variety of Yogurt	26 Chicken Nuggets w/Roll or Hotdog on Roll Baked Tater Tots Black Bean Salad Mandarin Oranges Seasonal Fruit Bowls	27 Flatbread Cheesesteak or BBQ Rib Sandwich Cauliflower Dippers Green Beans Chilled Pears Seasonal Fruit Bowls	28 Schoolmade Mac & Cheese w Roll or Fish Nuggets w/Roll Baby Carrots Stewed Tomatoes Cinnamon Applesauce Seasonal Fruit Bowls	29 Vegetable White Pizza or Italian Dunkers w/Sauce Baked French Fries Garden Salad w/Dressing Chilled Pineapple Seasonal Fruit Bowls	30 Brave Burger or Pulled Pork Sandwich Fresh Broccoli Chilled Peaches Watermelon Seasonal Fruit Bowls

MENU ITEMS SUBJECT TO CHANGE

