



LOYALSOCK TOWNSHIP SCHOOL DISTRICT
DONALD E. SCHICK
ELEMENTARY SCHOOL MENU
JANUARY 2020
 BREAKFAST \$1.30 REDUCED .30
 LUNCH \$2.40 REDUCED .40
 MENU SUBJECT TO CHANGE
 *THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

***FUEL UP WITH BREAKFAST!**
 *CHOOSE 1 ENTRÉE
 *CHOOSE 1 OR 2:
 FRUIT/JUICE/VEGGIE
 *CHOOSE YOUR MILK:
 1% & FAT FREE MILK CHOICES
***BUILD A HEALTHY LUNCH!**
 *CHOOSE 1 ENTRÉE
 *CHOOSE 1 OR 2 VEGGIES/
 VEGGIE SALADS
 *CHOOSE 1 FRUIT
 *CHOOSE YOUR MILK:
 1% & FAT FREE MILK CHOICES

**Prepay
On-line!**

Go to
mySchoolBucks.com

AVAILABLE DAILY AT LUNCH:
 *PBJ *Yogurt Power Pack
 *Variety of Tasty and Healthy
 Fruit & Veggie & Salad Choices
 *1% Low Fat Milk, Fat Free Milk
 and 1% Low Fat Chocolate &
 Strawberry Flavored Milk

QUESTIONS?
 Call our Food & Nutrition
 Services Office
 (570) 323-3211
 *Pre-Pay online at
 myschoolbucks.com

***HARVEST OF THE MONTH:**

ORANGES



CHICK PEAS




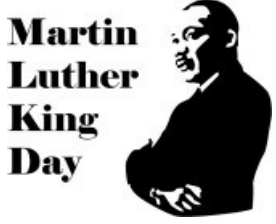

***GET IN TOUCH WITH US TODAY
 TO LEARN MORE ABOUT
 FREE AND REDUCED-PRICE
 MEALS IN OUR DISTRICT:
 570-323-3211
 bhufnagel@loyalsockclancers.org**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 NO SCHOOL TODAY *LUNCH MUNCHABLE THIS WEEK: <i>TURKEY & CHEESE SANDWICH</i> SALAD OF THE WEEK: <i>Popcorn Chicken Salad w/ Goldfish Grahams</i>	31 NO SCHOOL TODAY	1 NO SCHOOL	2 Breakfast: Breakfast Pizza OR Cold Cereal & Apple Bread/Fruit/Juice/ Variety of Milk LUNCH Crispy Chicken Sandwich Golden Potato Puffs Baby Carrots Juicy Peaches Variety of Milk *BACK TO SCHOOL TODAY!	3 Breakfast: Blueberry Pancakes OR Cold Cereal & Trix Cereal Bar/Fruit/Juice/Variety of Milk LUNCH Stuffed Crust Pizza Steamed Corn Broccoli Dippers Mandarin Oranges Variety of Milk
6 Breakfast: Cinnamon French Toast OR Cold Cereal & Honey Grahams Fruit/Juice/Variety of Milk LUNCH Chicken Nuggets & Noodles Glazed Carrots Garden Salad Chilly Pears Variety of Milk LUNCH MUNCHABLE THIS WEEK: <i>Ham & Cheese Pinwheel Nibblers</i> SALAD OF THE WEEK: <i>Super Chef Salad with Croutons & Roll</i>	7 Breakfast: Stuffed Bagel OR Cold Cereal & Trix Yogurt/Fruit/Juice/ Variety of Milk LUNCH Twin Tacos w/ Meat, Cheese, Salsa & Toppings Cup Refried Beans Broccoli Dippers Golden Banana Variety of Milk	8 Breakfast: Warm Cinni-Minis OR Cold Cereal & Mini Bun/Fruit/ Juice/Variety of Milk LUNCH Mini Turkey Corn Dog Nuggets Triangle Tater Celery Sticks Cinnamon Applesauce Variety of Milk	9 Breakfast: Breakfast Pizza OR Cold Cereal & Blueberry Muffin Fruit/Juice/Variety of Milk LUNCH Chicken Alfredo w/ a Twist & Warm Bread Stick Steamed Broccoli Baby Carrots Mixed Fruit Variety of Milk	10 Breakfast: Maple Pancakes OR Cold Cereal & CTC Cereal Bar/Fruit/Juice/Variety of Milk LUNCH Personal Round Cheese or Pepperoni Pizza Power Peas Cucumber Wheels Crisp Apple Slices Variety of Milk

LUNCH NOTES

Additional Fruits available daily may include: Banana, Fresh Orange, Local Apples, Tropical Pineapple, Juicy Sliced Peaches, Chilled Applesauce, Mixed Fruit, Pear Slices, Mandarin Oranges

Additional Veggies available daily may include: Baby Carrots, Crisp Celery Sticks, Broccoli Florets, Fresh Cauliflower, Grape Tomatoes, Mixed Pepper Strips, Garden Salad, Rainbow Bean Salad, Chicka Chicka Boom Boom Salad, Spinach Salad, Romaine Caesar Salad

<p>13 Breakfast: Cinnamon French Toast OR Cold Cereal & Honey Grahams/Fruit/Juice/Variety of Milk</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Hot Diggity Dog Baked Beans Broccoli Dippers Peaches Variety of Milk</p> <p>*LUNCH MUNCHABLE THIS WEEK: Pizza Party Pack *SALAD OF THE WEEK: Chicken Grillers Salad w/Croutons & Cheez-it Crackers</p>	<p>14 Breakfast: Warm Frudel OR Cold Cereal & Trix Yogurt/Fruit/Juice/Variety of Milk</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Popcorn Chicken with Roll Crispy Fries Baby Carrots Applesauce Variety of Milk</p>	<p>15 Breakfast: Breakfast Bun OR Cold Cereal & Super Star/Fruit/Juice/Variety of Milk</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Grilled Cheese Sandwich & Tomato Soup/Crackers Seasoned Green Beans Garden Salad/Ranch Dressing *Juicy Orange Variety of Milk</p> 	<p>16 Breakfast: Breakfast Pizza OR Cold Cereal & Apple Bread/Fruit/Juice/Variety of Milk</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Little Lancer Turkey Sub Sandwich Rockin' Broccoli Salad Crunchy Cucumbers Mandarin Oranges Variety of Milk</p> <p style="text-align: center;">*ICE CREAM TREAT!</p>	<p>17 Breakfast: Blueberry Pancakes OR Cold Cereal & Trix Cereal Bar/Fruit/Juice/Variety of Milk</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>NEW! School Made Pizza! Golden Corn Baby Carrots & Celery Sticks Frosty Mixed Berries Cup Variety of Milk</p>
<p>20 PROFESSIONAL EDUCATION DAY NO SCHOOL FOR STUDENTS</p>  <p>Martin Luther King Day</p> <p>*LUNCH MUNCHABLE THIS WEEK: Turkey & Cheese Wrap Nibblers *SALAD OF THE WEEK: Super Chef Salad with Croutons & Roll</p>	<p>21 Breakfast: Stuffed Bagel OR Cold Cereal & Trix Yogurt/Fruit/Juice/Variety of Milk</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Chicken Tenders w/ Roll Mashed Potatoes/Gravy Baby Carrots Tropical Pineapple Variety of Milk</p>	<p>22 Breakfast: Warm Cinni-Minis OR Cold Cereal & Mini Bun/Fruit/Juice/Variety of Milk</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Cheeseburger/Hamburger Potato Smiles Broccoli Dippers Juicy Peaches Variety of Milk *TRY ROASTED CHICK PEAS!*</p> 	<p>23 Breakfast: Breakfast Pizza OR Cold Cereal & Blueberry Muffin/Fruit/Juice/Variety of Milk</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Spaghetti & Meatballs w/ Garlic Toast Green Beans Power Salad Frosty Fruit Ice Variety of Milk</p>	<p>24 Breakfast: Maple Pancakes OR Cold Cereal & CTC Cereal Bar/Fruit/Juice/Variety of Milk</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Max Cheese Stuffed Bread Sticks/ Marinara Dipping Sauce Honey Sweet Carrots Rainbow Pepper Strips Mandarin Oranges Variety of Milk</p>
<p>27 Breakfast: Cinnamon French Toast OR Cold Cereal & Honey Grahams/Fruit/Juice/Variety of Milk</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Pulled Pork BBQ Sandwich Sweet Potato Crispers Baby Carrots & Celery Sticks Orange Wedges Variety of Milk</p> <p>*LUNCH MUNCHABLE THIS WEEK: TURKEY & CHEESE SANDWICH SALAD OF THE WEEK: Popcorn Chicken Salad w/Goldfish Grahams</p>	<p>28 Breakfast: Warm Frudel OR Cold Cereal & Trix Yogurt/Fruit/Juice/Variety of Milk</p> <p style="text-align: center;"><u>BREAKFAST FOR LUNCH!</u></p> <p>French Toast Sticks & Cheesy Egg Omelet Golden Potato Puffs Rainbow Bean Salad Applesauce Variety of Milk</p>	<p>29 Breakfast: Breakfast Bun OR Cold Cereal & Super Star/Fruit/Juice/Variety of Milk</p> <p style="text-align: center;"><u>WARM-UP LUNCH</u></p> <p>FUN SIZE Toasty Ham & Cheese Melt w/ Chicken Noodle Soup Steamed Corn Baby Carrots Golden Banana Variety of Milk</p>	<p>30 Breakfast: Breakfast Pizza OR Cold Cereal & Apple Bread/Fruit/Juice/Variety of Milk</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Crispy Chicken Sandwich Mixed Veggies Cucumber Slices Juicy Peaches Variety of Milk</p>	<p>31 Breakfast: Blueberry Pancakes OR Cold Cereal & Trix Cereal Bar/Fruit/Juice/Variety of Milk</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Under the Sea Shapes w/ Mac & Cheese Steamed Broccoli Caesar Salad Mandarin Oranges Variety of Milk</p>