



LOYALSOCK TOWNSHIP SCHOOL DISTRICT  
**MIDDLE/HIGH SCHOOL**  
**MENU**  
**JANUARY 2020**  
 BREAKFAST \$1.30 REDUCED .30  
 LUNCH \$2.65 REDUCED .40  
 \*MENU SUBJECT TO CHANGE\*  
 \*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

**\*BUILD A HEALTHY LUNCH!**

- \*CHOOSE 1 ENTRÉE
- \*CHOOSE 1 OR 2 VEGGIES/ VEGGIE SALADS
- \*MS—CHOOSE 1 FRUIT
- HS – CHOOSE 2 FRUITS
- \*CHOOSE YOUR MILK

**Prepay  
On-line!**

Go to  
[mySchoolBucks.com](http://mySchoolBucks.com)

**BREAKFAST NOTES**

- \*Breakfast Entrée Options may include: Benefit Bar, Stuffed Bagel, Breakfast Bun, Cinni-Minis, Cereal, Muffin, Pop Tart
- \*Fruit options may include: Fresh Apples, Bananas and Oranges
- \*100% Fruit Juice options include: Orange, Apple and Grape juice varieties
- \*Milk options: Fat Free & 1% Unflavored Milk and 1% Flavored Milk—Chocolate, Strawberry & Vanilla

**AVAILABLE DAILY AT LUNCH :**

- \*SMUCKERS PBJ
- \*Grab & Go Subs, Wraps & Salads
- \*Fresh Creations Deli
- \*Incredi-Bowl
- \*Breakfast Go Bag
- \*Fruit & Veggie Bar
- \*Fat Free & 1% Unflavored Milk and 1% Flavored Milk

**\*VEGAN OR VEGETARIAN?**  
 No Problem—Visit the Deli or INCREDI-BOWL Station

**MONDAY SPECIALS**

- Lancer Burger/Hamburger/  
Veggie Burger
- Buffalo Chicken & BOLD Cheese  
Pizza

**TUESDAY SPECIALS**

- Spicy/Crispy Chicken Sandwich
- French Bread Pizza

**WEDNESDAY SPECIALS**


- Toasty Buffalo Chicken Flatbread
- PRIMO 4 Cheese & 4 Meat Pizza


**THURSDAY SPECIALS**

- Cheeseburger/Hamburger/  
Veggie Burger
- Chicken & Cheese Quesadilla Pizza  
w/ Sour Cream & Salsa

**FRIDAY SPECIALS**

- Spicy/Crispy Chicken Sandwich
- Sock Pizza— Garlic White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30  <b>NO SCHOOL TODAY</b>	31  <b>NO SCHOOL TODAY</b>	1   <b>NO SCHOOL TODAY</b>	2 Breakfast: Warm Breakfast Ring/ Fruit/Juice/Milk <b>LUNCH</b> Popcorn Chicken w/ Roll Steamed Broccoli Variety of Fruits & Veggies Variety of Milk  <b>BACK TO SCHOOL TODAY!</b>	3 Breakfast: Sausage, Egg & Cheese Slider/Fruit/Juice/Milk <b>LUNCH</b> Cheesesteak Sandwich with Peppers & Onions Golden Corn Variety of Fruits & Veggies Variety of Milk
6 Breakfast: Mini Blueberry Pancakes/Fruit/Juice/Milk <b>LUNCH</b> Chicken Nuggets with Seasoned Noodles Glazed Carrots Variety of Fruits & Veggies Variety of Milk	7 Breakfast: Breakfast Croissant Sandwich/Fruit/Juice/ Milk <b>LUNCH</b> Ultimate Nacho Bar Spicy Pinto Beans Variety of Fruits & Veggies Variety of Milk	8 Breakfast: Breakfast Pizza/ Fruit/Juice/Milk <b>LUNCH</b> Toasty Ham & Cheese Ciabatta Waffle Taters Golden Corn Variety of Fruits & Veggies Variety of Milk	9 Breakfast: Warm Breakfast Ring/ Fruit/Juice/Milk <b>LUNCH</b> Homemade Mac & Cheese w/ Roll Lemon Parm Roasted Broccoli Variety of Fruits & Veggies Variety of Milk	10 Breakfast: Sausage, Egg & Cheese Slider/Fruit/Juice/Milk <b>LUNCH</b> Roasted Chicken w/ Mini Pierogies! Power Peas Variety of Fruits & Veggies Variety of Milk
13 Breakfast: Mini Blueberry Pancakes/Fruit/Juice/Milk <b>LUNCH</b> Hot Diggity Dog Crispy Fries Baked Beans Variety of Fruits & Veggies Variety of Milk	14 Breakfast: Breakfast Croissant Sandwich/Fruit/Juice/ Milk <b>LUNCH</b> Popcorn Chicken Bowl w/ Roll Mashed Potatoes Golden Corn Variety of Fruits & Veggies Variety of Milk	15 Breakfast: Breakfast Pizza/ Fruit/Juice/Milk <b>LUNCH</b> Toasted Cheese Sandwich w/ Tomato Soup & Crackers Power Peas Variety of Fruits & Veggies Variety of Milk	16 Breakfast: Warm Breakfast Ring/ Fruit/Juice/Milk <b>LUNCH</b> Meatball & Mozzarella Melt Sandwich Tri-Taters/Mixed Veggies Variety of Fruits & Veggies Variety of Milk	17 Breakfast: Sausage, Egg & Cheese Slider/Fruit/Juice/Milk <b>LUNCH</b> Chicken Alfredo w/ a Twist & Garlic Bread Steamed Broccoli Variety of Fruits & Veggies Variety of Milk

<p>20</p>  <p><b>Martin Luther King, Jr. Day</b></p> <p><b>PROFESSIONAL EDUCATION DAY</b></p> <p><b>NO SCHOOL FOR STUDENTS</b></p>	<p>21</p> <p><b>Breakfast: Breakfast Croissant Sandwich/ Fruit/Juice/ Milk</b></p> <p><b><u>LUNCH</u></b></p> <p>Chicken Tenders w/ Roll Spiral Taters Golden Corn Variety of Fruits &amp; Veggies Variety of Milk</p>	<p>22</p> <p><b>Breakfast: Breakfast Pizza/ Fruit/Juice/Milk</b></p> <p><b><u>LUNCH</u></b></p> <p>Pulled Pork BBQ Sandwich Sweet Potato Crispers Roasted Golden Cauliflower Variety of Fruits &amp; Veggies Variety of Milk</p>	<p>23</p> <p><b>Breakfast: Warm Breakfast Ring/Fruit/ Juice/Milk</b></p> <p><b><u>LUNCH</u></b></p> <p>Pasta w/ Meat Sauce &amp; Garlic Toast Green Beans Variety of Fruits &amp; Veggies Variety of Milk</p>	<p>24</p> <p><b>Breakfast: Sausage, Egg &amp; Cheese Slider/ Fruit/Juice/Milk</b></p> <p><b><u>LUNCH</u></b></p> <p>Bosco Bread Sticks w/Marinara Dipping Sauce Honey Sweet Carrots Variety of Fruits &amp; Veggies Variety of Milk</p>
<p>27</p> <p><b>Breakfast: Mini Blueberry Pancakes/ Fruit/Juice/Milk</b></p> <p><b><u>LUNCH</u></b></p> <p>Popcorn Chicken &amp; Roll Roasted Brussels Sprouts Variety of Fruits &amp; Veggies Variety of Milk</p>	<p>28</p> <p><b>Breakfast: Breakfast Croissant Sandwich/ Fruit/Juice/ Milk</b></p> <p><b><u>LUNCH</u></b></p> <p>French Toast Sticks/Sausage Hash Brown Potatoes Winter Blend Veggies Variety of Fruits &amp; Veggies Variety of Milk</p>	<p>29</p> <p><b>Breakfast: Breakfast Pizza/ Fruit/Juice/Milk</b></p> <p><b><u>LUNCH</u></b></p> <p>Cheese Steak Sandwich Golden Corn Variety of Fruits &amp; Veggies Variety of Milk</p>	<p>30</p> <p><b>Breakfast: Warm Breakfast Ring/Fruit/ Juice/Milk</b></p> <p><b><u>LUNCH</u></b></p> <p>Chicken Alfredo with a Twist &amp; Garlic Toast Green Beans Variety of Fruits &amp; Veggies Variety of Milk</p>	<p>31</p> <p><b>Breakfast: Sausage, Egg &amp; Cheese Slider/ Fruit/Juice/Milk</b></p> <p><b><u>LUNCH</u></b></p> <p>Crispy Fishwich Sandwich Seasoned Potato Wedges Steamed Broccoli Variety of Fruits &amp; Veggies Variety of Milk</p>

**LUNCH NOTES**

**Variety of Fruits may include: Banana, Fresh Orange, Local Apples, Tropical Pineapple, Juicy Sliced Peaches, Chilled Applesauce, Mixed Fruit, Pear Slices, Mandarin Oranges, 100% Juice Frosty Fruit Freeze**

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

