

Damascus Elementary January Lunch Menu

Food Service Director: Ryne Spaulding
Email: rspaulding@whsdc12.com
Phone: 570-253-6083



Basil
CHEF OF
NUTRITION

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 may include:

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Peas
Applesauce
*May choose one 1/2 cup servings

*Fruits may include:
Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Peas
Applesauce
*May choose one 1/2 cup serving

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free White and Low Fat White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 Mac and Cheese Slice Bread X-Ray Vision Carrots Sliced Pear Fat Free Milk	10 Italian Dunkers Dipping Sauce Seasoned Green Beans Mandarin Oranges Fat Free Milk	11 "Thick and Tasty" Cheese Burger Emoji Fries Apple Sauce Fat Free Milk PIZZA DIPPER MUNCHABLE	12 Chili Hot Dog Steam Golden Corn Mandarin Oranges Fat Free Milk	13 Mini Corn Dog Nuggets Power Punch Broccoli Juicy Diced Peaches Fat Free Milk
16 Chicken Tenders Sliced Bread Slice Carrots Raisins Low Fat Milk	17 BRUNCH FOR LUNCH Buttermilk Pancakes Sausage Patties Tater Tots Warm Cinnamon Apple Slices Low Fat Milk	18 Pasta With Meat Sauce Sliced Bread Seasoned Green Beans Diced Peas Low Fat Milk HAM AND CHEESE MUNCHABLE	19 Homemade Cheese Pizza Power Punch Broccoli Juicy Blueberries Low Fat Milk	20 Pierogies Slice Bread Green Peas Mandarin Oranges Low Fat Milk
23 Chicken Nuggets Slice Bread Emoji Fries Mandarin Orange Low Fat Milk	24 French Bread Pizza Power Punch Broccoli Raisins Low Fat Milk	25 12:30 Dismissal BRUNCH FOR LUNCH French Toast Sticks Sausage Patty Tater Tots Warm Cinnamon Apple Slices Low Fat Milk	26 Cheese Steak Hoagie Bread Slice Seasoned Green Beans Juicy Peaches Low Fat Milk	27 Mini Corn Dog Nuggets X-Ray Vision Carrots Apple Sauce Low Fat Milk
30 Breaded Pork Patty Buttered Noodles Baked Beans Mandarin Oranges Low Fat Milk	31 Pasta and Meat Sauce Slice Bread Seasoned Green Beans Pineapple Tidbits Low Fat Milk	FEB 1 Turkey and Gravy Dinner Roll Mashed Potatoes Apple Crisp Low Fat Milk NAOHO AND CHEESE MUNCHABLE	2 Deep Dish Pizza Seasoned Green Beans Pineapple Tidbits Low Fat Milk	3 SUPER BOWL WEEKEND! Chili Loaded Baked Potato Cheese Sauce Apple Sauce Low Fat Milk FREE SOFT PETZEL!
6 Pierogies Sliced Bread Mixed Vegetables Cinnamon Apple Slices Low Fat Milk	7 Homemade Cheese Pizza Juicy Peaches Steamed Green Beans Low Fat Milk	8 "Thick and Tasty" Cheese Burger Mix Fruit French Fries Low Fat Milk CHICKEN NUGGET MUNCHABLE	9 BBQ Rib on a Sub Roll X-Ray Vision Carrots Raisins Low Fat Milk	10 Ham and Cheese on a Pretzel Roll Seasoned Green Beans Mandarin Oranges Low Fat Milk
MONDAY Beef Tacos Tortilla Chips Slice Bread	TUESDAY Breaded Chicken Patty On a Bun	WEDNESDAY Grilled Cheese Sandwich	THURSDAY Popcorn Chicken Slice Bread	FRIDAY Pizza Sticks Dipping Sauce



The Foodservice Department is now accepting for applications for cafeteria subs.
Please call 570-253-6083
If interested.

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

Lunch Prices
Paid K-5 \$2.60
Paid 6-8 \$2.85
Reduced \$4.00



Ham & Cheese Sandwich
Turkey and Cheese Sandwich
Peanut butter and Jelly
Buffalo Chicken Wrap

Chief Salad
Dinner Roll
New
Chicken Caesar Salad
Fruited Yogurt
Sunflower Seeds

