

Damascus Elementary

MARCH/APRIL 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

Broccoli Florets

Baby Carrots

Dark Leafy Greens

Legume Salads

Fresh Orange

Banana

Pineapple Tidbits

Celery & Cucumber

*May choose two 1/2 cup servings

*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
20 Hot Dog X-Ray Vision Carrots Sliced Peas Low Fat Milk	21 Mac and Cheese Slice of Bread Mixed Vegetables Sliced Peaches Fat Free Milk	22 Pancakes and Sausage Tater Tots Warm Apples Fat Free Milk 12:30 Dismissal	23 Cheese Burger French Fries Raisins Fat Free Milk	24 Ham and Cheese on a Pretzel Roll X-Ray Vision Carrots Mandarin Oranges Fat Free Milk
27 Chicken Tenders Slice of Bread Slice Carrots Raisins and Apple Sauce Low Fat Milk	28 Buttermilk Pancakes Sausage Patties Tater Tots Fruit Salad Low Fat Milk	29 Pasta With Meat Sauce Slice of Bread Seasoned Green Beans Diced Peas Low Fat Milk HAM AND CHEESE MUNCHABLE	30 Homemade Cheese Pizza Power Punch Broccoli Mandarin Oranges Low Fat Milk	31 Pierogies Slice of Bread Green Peas Juicy Blueberries Low Fat Milk
APRIL 3 Chicken Nuggets Slice of Bread Emoji Fries Mandarin Orange Low Fat Milk	4 French Bread Pizza Power Punch Broccoli Raisins and Apple Sauce Low Fat Milk	5 BRUNCH FOR LUNCH French Toast Sticks Sausage Patty Tater Tots Mixed Fruit Jelly-O Low Fat Milk PIZZA DIPPER MUNCHABLE	6 Cheese Steak Hoagie X-Ray Vision Carrots Juicy Peaches Low Fat Milk	7 Mini Corn Dog Nuggets Steamed Green Beans Juicy Peas Low Fat Milk
10 Breaded Pork Patty Buttered Noodles Baked Beans Mandarin Oranges Low Fat Milk	11 Pasta and Meat Sauce Slice of Bread Seasoned Green Beans Pineapple Tidbits Low Fat Milk	12 Turkey and Gravy Biscuit Mashed Potatoes Apple Crisp Low Fat Milk NACHO AND CHEESE MUNCHABLE	13 Deep Dish Pizza Carrot Coins Pineapple Tidbits Low Fat Milk	14 GOOD FRIDAY NO SCHOOL
17 EASTER MONDAY No SCHOOL	18 Homemade Cheese Pizza Juicy Peaches Steamed Green Beans Low Fat Milk	19 NATIONAL GRILLED CHEESE DAY Cheese Burger Mixed Fruit French Fries Low Fat Milk Tomato soup CHICKEN NUGGET MUNCHABLE	20 BBQ Rib on a Sub Roll X-Ray Vision Carrots Raisins Low Fat Milk	21 EARTH DAY Ham and Cheese on a Pretzel Roll "Tree" Broccoli and Dip Mandarin Oranges Low Fat Milk DIRT PUDDING
MONDAY Beef Tacos Tortilla Chips Slice of Bread	TUESDAY Breaded Chicken Patty On a Bun	WEDNESDAY Grilled Cheese Sandwich	THURSDAY Popcorn Chicken Slice of Bread	FRIDAY Pizza Sticks Dipping Sauce

The Foodservice Department is now accepting 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 \$.40