

Damascus Elementary

August/September Lunch

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



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:
Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber
*May choose two 1/2 cup servings

*Fruits may include:
Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
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	AVAILABLE DAILY
29 First Day of School! Meatball Hoagie Steamed Broccoli Apple Sauce Fat Free Milk	30 Mac and Cheese Slice Bread Sliced Carrots Sliced Pear Fat Free Milk	31 Mini Corn Dog Nuggets Seasoned Green Beans Juicy Diced Peaches Fat Free Milk	1 Chicken Cheese Steak Hoagie French Fries Mandarin Oranges Fat Free Milk	2 No School Happy Labor Day!	 Ham & Cheese Sandwich Turkey and Cheese Sandwich
6 No School Happy Labor Day!	6 Sloppy Joe on WG Bun Sliced Carrots Peaches Fat Free Milk	7 BRUNCH FOR LUNCH French Toast Sticks Sausage Patty Tater Tots Warm Cinnamon Apple Slices Fat Free Milk	8 Chicken Fajita Bacon Ranch Wrap Rice Baked Beans Pineapple Tidbits Fat Free Milk	9 Grilled Cheese Tomato Soup Green Beans Pears Fat Free Milk	Peanut butter and Jelly Chef Salad Dinner Roll Fruited Yogurt Sunflower Seeds
12 Chicken Nuggets Slice Bread Broccoli Mandarin Orange Fat Free Milk	13 Cheese Steak Hoagie Tater Tots Mixed Fruit Fat Free Milk	14 Macaroni and Cheese Bread Slice Stewed Tomato Rainbow Apple Sauce Fat Free Milk	15 Chicken Sticks Bread Slice Seasoned Green Beans Peaches Fat Free Milk	16 Ham and Cheese Panini Corn Pears Fat Free Milk	The Foodservice Department is now offering Classroom Birthday Celebration packages. Order forms can be found on the District website.
19 Breaded Pork Over Noodles Sliced Carrots Mandarin Oranges Fat Free Milk	20 Chicken Cheese Steak Tater Tots Pineapple Tidbits Fat Free Milk	21 Chicken Alfredo Pasta Slice Bread Steamed Broccoli Mixed Fruit Fat free Milk	22 Chicken Nuggets Bread Slice Baked Beans Cinnamon Apple Sauce Fat Free Milk	23 Salisbury Steak Sliced Bead Pasta Peas Peaches Fat Free Milk	
26 Popcorn Chicken Slice Bread Gravy Mashed Potato Mix Fruit Fat Free Milk	27 Hot Ham & Cheese On Pretzel Bun Mixed Vegetables Cinnamon Apple Slices Fat Free Milk	28 Chicken Caesar Salad with Noodles & Garlic Bread Caesar Salad Sliced Peaches Fat Free Milk	29 Meatball Hoagie w/ Shredded Cheese Steamed Carrots Diced Pears Fat Free Milk	30 Italian Dunkers Seasoned Green Beans Cinnamon Applesauce Fat Free Milk	
MONDAY Beef Taco Tortilla Chips Slice Bread	TUESDAY Breaded Chicken Patty On a Bun	WEDNESDAY Cheese burger On a Bun	THURSDAY Hot Dog On a Bun	FRIDAY Cheese Pizza	Lunch Prices: Paid K-5 \$2.60 Paid 6-8 \$2.85 Reduced \$.40

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