OCTOBER

Stourbridge Primary Center Lunch Menu

Food Service Director: Ryne Spaulding Rspaulding@whsdk12.com 570-253-6083 Ext: 1





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

Cauliflower Celery Sticks Fresh Cucumber *May choose two 1/2

cup servings

*Fruits may include:

Banana Apple Orange Apple Slices Grapes Apple Sauce Diced Peaches Mixed Fruit

Pineapple Tidbits Mandarin Oranges Strawberries

*May choose one 1/2 cup serving



Milk Choices Offered Daily

Fat Free Chocolate Fat Free White and Low Fat White

MENUS SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Daily Choices
3 Pancakes and Sausage Tater Tots Pear Low Fat Milk	4 Pepperoni Calzones Steamed Corn Diced Peaches Low Fat Milk	5 Chicken Tenders Steamed Carrots Apple Sauce Low Fat Milk	6 Corn Dog Nuggets Mashed Potatoes Strawberries Low Fat Milk	Pizza Sticks Mixed Vegetables Mixed Fruit Low Fat Milk 12:30 Dismissal	Ham & Cheese Sandwich Turkey & Cheese Sandwich
Chicken Nuggets Slice of Fresh Bread French Fries Apple Slices Low Fat Milk	Beef Nachos Steamed Rice Steamed Broccoli Mandarin Oranges Low Fat Milk	Baked Rigatoni Slice of Fresh Bread Steamed Green Peas Pineapple Tidbits Low Fat Milk	Hot Dog on a Bun Steamed Green Beans Mandarin Oranges Low Fat Milk	14 Cheese Pizza Oven Roasted Carrots Mixed Fruit Low Fat Milk	Chef Salad Slice of Fresh Bread Fruited Yogurt Crackers
17 French Toast Sticks and Sausage Tater Tots Pear Low Fat Milk	18 Grilled Cheese Sandwich Mixed Vegetables Diced Peaches Low Fat Milk	Meatloaf Buttered Egg Noodles Mashed Potatoes Apple Sauce Low Fat Milk	Chicken Nuggets Slice of Fresh Bread Steamed Corn Strawberries Low Fat Milk	Pizza Sticks Dipping Sauce Steamed Carrots Mixed Fruit Low Fat Milk	
Corn Dog Nuggets Steamed Broccoli Apple Slices Low Fat Milk FREE RED RIBBON ICE CREAM	25 Breaded Chicken Sandwich Steamed Green Peas Mandarin Oranges Low Fat Milk	26 Breaded Chicken Parmesan with Pasta Oven Roasted Carrots Pineapple Tidbits Low Fat Milk 12:30 Dismissal	27 Waffles and Sausage Tater Tots Mandarin Oranges Low Fat Milk	28 Cheese Pizza Steamed Green Beans Mixed Fruit Low Fat Milk	Whole Grains Available Daily
Chicken Tenders Slice of Fresh Bread Mixed Vegetables Pear Low Fat Milk					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
	3 Pancakes and Sausage Tater Tots Pear Low Fat Milk 10 Chicken Nuggets Slice of Fresh Bread French Fries Apple Slices Low Fat Milk 17 French Toast Sticks and Sausage Tater Tots Pear Low Fat Milk 24 Corn Dog Nuggets Steamed Broccoli Apple Slices Low Fat Milk FREE RED RIBBON ICE CREAM 31 Chicken Tenders Slice of Fresh Bread Mixed Vegetables Pear	Pepperoni Calzones Steamed Com Diced Peaches Low Fat Milk Chicken Nuggets Slice of Fresh Bread French Fries Apple Slices Low Fat Milk 17 French Toast Sticks and Sausage Tater Tots Pear Low Fat Milk 18 Grilled Cheese Sandwich Mixed Vegetables Diced Peaches Low Fat Milk 24 Corn Dog Nuggets Steamed Broccoli Apple Slices Low Fat Milk FREE RED RIBBON ICE CREAM 31 Chicken Tenders Slice of Fresh Bread Mixed Vegetables Pear Low Fat Milk Chicken Tenders Slice of Fresh Bread Mixed Vegetables Pear	Parcakes and Sausage Tater Tots Pear Low Fat Milk 10 Chicken Nuggets Slice of Fresh Bread French Fries Apple Slices Low Fat Milk 17 French Toast Sticks and Sausage Tater Tots Pear Low Fat Milk 18 Grilled Cheese Sandwich Mixed Vegetables Diced Peaches Low Fat Milk 19 Meatloaf Buttered Egy Noodles Mashed Potatoes Low Fat Milk 24 Corn Dog Nuggets Steamed Broccoli Apple Slices Low Fat Milk 25 Breaded Chicken Sandwich Steamed Broccoli Apple Slices Low Fat Milk 26 Breaded Chicken Sandwich Steamed Broccoli Apple Slices Low Fat Milk FREE RED RIBBON ICE CREAM 27 Chicken Tenders Slice of Fresh Bread Mixed Vegetables Diced Peaches Low Fat Milk 26 Breaded Chicken Sandwich Steamed Green Peas Mandarin Oranges Low Fat Milk Low Fat Milk 12:30 Dismissal	Para Tater Tots Apple Slices Low Fat Milk 17 French Toast Sticks and Sausage Tater Tots Pear Low Fat Milk 18 Com Dog Nuggets Steamed Cornor Diced Peaches Low Fat Milk 19 Trench Toast Sticks and Sausage Tater Tots Pear Low Fat Milk 10 Cohicken Nuggets Slice of Fresh Bread French Fries Apple Slices Low Fat Milk 17 French Toast Sticks and Sausage Tater Tots Pear Low Fat Milk 24 Corn Dog Nuggets Steamed Rice Rice Rice Rice Rice Rice Rice Rice	Pencal Company New York of Milk 10 Chicken Nuggets Steamed Rice Pronch Fries Apple Stices Low Fat Milk 17 French Toast Sticks and Sausage Tater Tots Pear Low Fat Milk 18 Grilled Cheese Sandwich Mixed Vegetables Diced Peaches Low Fat Milk 19 Meatloaf Sutered Egg Noodles Mashed Potatoes Steamed Groom Strawberries Low Fat Milk 20 Chicken Nuggets Steamed Com Strawberries Low Fat Milk 21 Pizza Sticks Dipping Sauce Steamed Com Strawberries Low Fat Milk 22 Com Dog Nuggets Steamed Green Peas Mandarin Oranges Low Fat Milk 22 Com Dog Nuggets Steamed Green Peas Mandarin Oranges Low Fat Milk 22 Com Dog Nuggets Steamed Green Peas Mandarin Oranges Low Fat Milk 22 Com Dog Nuggets Steamed Green Peas Mandarin Oranges Low Fat Milk 23 Chicken Tenders Silice of Fresh Bread Mandarin Oranges Low Fat Milk 24 Com Dog Nuggets Steamed Green Peas Mandarin Oranges Low Fat Milk 25 Breaded Chicken Sandwich Nice Fresh Bread Miked Fruit Low Fat Milk 26 Breaded Chicken Parmesan Mixed Fruit Low Fat Milk 27 Warffles and Sausage Tater Tots Mandarin Oranges Low Fat Milk 28 Cheese Pizza Steamed Green Beans Mixed Fruit Low Fat Milk 29 Low Fat Milk 29 Chicken Nuggets Silice Andarin Oranges Low Fat Milk 20 Chicken Nuggets Silice Andarin Oranges Low Fat Milk 20 Chicken Nuggets Silice Andarin Oranges Low Fat Milk 20 Chicken Nuggets Silice Andarin Oranges Low Fat Milk 20 Chicken Nuggets Silice Andarin Oranges Low Fat Milk 20 Chicken Nuggets Silice Andarin Oranges Low Fat Milk 21 Low Fat Milk 22 Cheese Pizza Steamed Green Peas Milk Andarin Orange

Lunch Prices: Paid \$2.60 Reduced \$.40