

OCTOBER

Damascus Area School 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
 Pear

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 Oranges Low Fat Milk	4 Chicken Tenders Slice of Fresh Bread Steamed Corn Strawberries Low Fat Milk	5 Pepperoni Calzone Steamed Carrots Apple Sauce Low Fat Milk	6 Teriyaki Chicken Steamed Rice Steamed Broccoli Pear Low Fat Milk	7 Corn Dog Nuggets Mixed Vegetables Mixed Fruit Low Fat Milk 12:30 Dismissal	Ham & Cheese Sandwich Italian Hoagie Buffalo Chicken Wrap
10 Hot Dog on a Bun French Fries Apple Slices Low Fat Milk	11 Beef Nachos Steamed Rice Steamed Broccoli Diced Peaches Low Fat Milk	12 Baked Rigatoni Slice of Fresh Bread Steamed Green Peas Pineapple Tidbits Low Fat Milk	13 Chicken Soft Tacos Slice of Fresh Bread 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 Chicken Caesar Salad Fruited Yogurt Crackers
17 Italian Cheesy Pull Apart Mixed Vegetables Oranges Low Fat Milk	18 Taco Potato Bowl Slice of Fresh Bread Mashed Potatoes Strawberries Low Fat Milk	19 Macaroni and Cheese Slice of Fresh Bread Steamed Corn Apple Sauce Low Fat Milk	20 French Toast Sticks and Sausage Tater Tots Pear Low Fat Milk	21 Italian Dunkers Steamed Carrots Mixed Fruit Low Fat Milk	
24 Cheesesteak Hoagie Steamed Broccoli Apple Slices Low Fat Milk	25 Loaded Chicken Totchos Bowl Slice of Fresh Bread Steamed Green Peas Diced Peaches Low Fat Milk	26 Waffles and Sausage Tater Tots Pineapple Tidbits Low Fat Milk 12:30 Dismissal	27 Breaded Chicken Parmesan with Pasta Oven Roasted Carrots Mandarin Oranges Low Fat Milk	28 Cheese Pizza Steamed Green Beans Mixed Fruit Low Fat Milk	Whole Grains Available Daily
31 Macaroni and Cheese Slice of Fresh Bread Mixed Vegetables Oranges Low Fat Milk					<p>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</p>
MONDAY CHICKEN NUGGETS SLICE OF BREAD	TUESDAY GRILLED CHEESE SANDWICH	WEDNESDAY BREADED CHICKEN PATTY SANDWICH	THURSDAY MOZZARELLA STICKS TOMATO DIPPING SAUCE	FRIDAY CHEESE BURGER	Lunch Prices: Paid \$2.60 Reduced \$.40