

OCTOBER

Preston Area School Lunch Menu

Food Service Director: Ryne Spaulding
Rspaulding@whsdc12.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 Chicken Tenders Slice of Fresh Bread Oranges Low Fat Milk	4 Orange Kissed Chicken Bowl Steamed Rice Steamed Corn Diced Peaches Low Fat Milk	5 Pancakes and Sausage Tater Tots 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 Breaded Buffalo Chicken Wrap
10 Hot Dog on a Bun French Fries Apple Slices Low Fat Milk	11 Beef Nachos Steamed Rice Steamed Broccoli Mandarin Oranges Strawberries 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	Breaded Chicken Caesar Salad Chef Salad Slice of Fresh Bread Fruited Yogurt Crackers
17 French Toast Sticks and Sausage Tater Tots Oranges Low Fat Milk	18 Taco Potato Bowl Slice of Fresh Bread Mixed Vegetables Diced Peaches Low Fat Milk	19 Macaroni and Cheese Slice of Fresh Bread Steamed Corn Apple Sauce Low Fat Milk	20 Chicken Nuggets Slice of Fresh Bread Mashed Potatoes Pear Low Fat Milk	21 Italian Dunkers Steamed Carrots Mixed Fruit Low Fat Milk	Whole Grains Available Daily 
24 Corn Dog Nuggets Steamed Broccoli Apple Slices Low Fat Milk	25 Cheesesteak Hoagie Steamed Green Peas Strawberries 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	
31 Macaroni and Cheese Slice of Fresh Bread Mixed Vegetables Oranges 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
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