



Juniata Valley Elementary School  
August/September 2022  
Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
8/22/22	8/23/22	8/24/22	8/25/22	8/26/22
In-Service Day No School	In-Service Day No School	Chicken Nuggets Buttered Corn  Choice of Fruit and Fresh Vegetables Choice of Milk	Macaroni and Cheese with Buffalo Chicken on the Side Steamed Broccoli  Choice of Fruit and Fresh Vegetables Choice of Milk	Stuffed Crust Pizza and Crinkle Fries  Choice of Fruit and Fresh Vegetables Choice of Milk
8/29/22	8/30/22	8/31/22	9/1/22	9/2/22
Act 80 Day No School	Nachos Grande Steamed Broccoli  Choice of Fruit and Fresh Vegetables Choice of Milk	Chicken Tenders with a Biscuit Cauliflower with Cheese Sauce  Choice of Fruit and Fresh Vegetables Choice of Milk	Chicken Mashed Potato Bowl Buttered Corn  Choice of Fruit and Fresh Vegetables Choice of Milk	Cheeseburger and Crinkle Fries  Choice of Fruit and Fresh Vegetables Choice of Milk
Fresh vegetables and fruits served every day are: Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges				
9/5/22	9/6/22	9/7/22	9/8/22	9/9/22
Vacation Day No School	Soft Shell Beef Taco Steamed Broccoli  Choice of Fruit and Fresh Vegetables Choice of Milk	Chicken Patty Sandwich Sweet Peas  Choice of Fruit and Fresh Vegetables Choice of Milk	Spaghetti and Meatballs with a Garlic Breadstick  Choice of Fruit and Fresh Vegetables Choice of Milk	Pepperoni Pizza and Crinkle Fries  Choice of Fruit and Fresh Vegetables Choice of Milk
Fresh vegetables and fruits served every day are: Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges				
9/12/22	9/13/22	9/14/22	9/15/22	9/16/22
BBQ Pork Rib Sandwich Green Beans  Choice of Fruit and Fresh Vegetables Choice of Milk	Walking Taco Candied Carrots  Choice of Fruit and Fresh Vegetables Choice of Milk	Chicken Nuggets Buttered Corn  Choice of Fruit and Fresh Vegetables Choice of Milk	Grilled Cheese Sandwich with Tomato Soup  Choice of Fruit and Fresh Vegetables Choice of Milk	Cheeseburger and Crinkle Fries  Choice of Fruit and Fresh Vegetables Choice of Milk
Fresh vegetables and fruits served every day are: Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges				
9/19/22	9/20/22	9/21/22	9/22/22	9/23/22
Sloppy Joe Tater Tots  Choice of Fruit and Fresh Vegetables Choice of Milk	Nachos Grande Steamed Broccoli  Choice of Fruit and Fresh Vegetables Choice of Milk	Chicken Tenders with a Biscuit Cauliflower with Cheese Sauce  Choice of Fruit and Fresh Vegetables Choice of Milk	<b>Breakfast for Lunch</b> Tye-Dye Donuts French Toast Sticks Sausage Patty Hashbrown Patty Choice of Fruit and Fresh Vegetables Choice of Milk	Act 80 Day No School
Fresh vegetables and fruits served every day are: Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges				
9/26/22	9/27/22	9/28/22	9/29/22	9/30/22
Mozzarella Cheese Pizza Sticks Sweet Peas  Choice of Fruit and Fresh Vegetables Choice of Milk	Crunchy Shell Beef Taco Candied Carrots  Choice of Fruit and Fresh Vegetables Choice of Milk	Chicken Patty Sandwich Buttered Corn  Choice of Fruit and Fresh Vegetables Choice of Milk	Grilled Cheese Sandwich and Tomato Soup  Choice of Fruit and Fresh Vegetables Choice of Milk	Cheeseburger and Crinkle Fries  Choice of Fruit and Fresh Vegetables Choice of Milk
Fresh vegetables and fruits served every day are: Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges				

**WHAT IS A SCHOOL LUNCH**

Please choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a school lunch to accommodate the free meal qualifications.

Meal Components offered daily are:  
Meat or meat alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread  
Choice of Milk - 1% white or chocolate



**Dark green** - spinach, broccoli, romaine and spring salad  
**Red/Orange** - carrots, sweet potatoes, tomatoes and red peppers  
**Legumes** - beans and peas  
**Starchy** - white potatoes, corn, peas, and lima beans  
**Other Vegetables:** celery sticks, cucumbers, cauliflower, green beans, cabbage and green peppers

**Daily Fruit Selections May Include:**  
oranges, apples, bananas, pears, peaches, strawberries and applesauce

**Students may choose the hot entrée or from the following:**



Crispy Chicken Salad  
Grilled Chicken Salad

Turkey and Cheese Hoagie  
Ham and Cheese Hoagie



Buffalo Chicken Dip with Chips  
Italian Pepperoni and Cheese  
BYO Flatbread Pizza  
Tortilla Chips with Cheese Sauce  
Ham & Cheese with Crackers  
Breadsticks with Sauce  
Super Fruit  
Walking Taco  
Smucker's PB&J  
Grilled Chicken

**Tammy Vinglas, General Manager**  
814-669-1108 or 814-330-2230  
tvinglas@jvse.org  
ma1029@metzcorp.com

September's Nutritious Friend is:  
Be sure to look for samples on your cafeteria serving line.



USDA is an equal opportunity provider and employer

Menu is subject to change due to product availability

Student Reduced Lunch: .40  
Student Paid Lunch: \$2.70  
Student 2nd Meal: \$3.40  
Adult Lunch: \$4.10

