



Monday	Tuesday	Wednesday	Thursday	Friday
10/31/22	11/1/22	11/2/22	11/3/22	11/4/22
Vacation 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	Breakfast for Lunch Tye-Dye Donuts French Toast Sticks Sausage Patty Hashbrown Patty Choice of Fruit and Fresh Vegetables Choice of Milk	Deep Dish 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				
11/7/22	11/8/22	11/9/22	11/10/22	11/11/22
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	In-Service Day No School	Vacation Day No School
Fresh vegetables and fruits served every day are: Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges				
11/14/22	11/15/22	11/16/22	11/17/22	11/18/22
Meatball Sub Sweet Peas  Choice of Milk and Fresh Vegetables Choice of Milk	Walking Taco Green Beans  Choice of Milk and Fresh Vegetables Choice of Milk	Thanksgiving Meal Roasted Turkey Mashed Potatoes Green Bean Casserole Filling Balls Apple Crisp 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
Fresh vegetables and fruits served every day are: Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges				
11/21/22	11/22/22	11/23/22	11/24/22	11/25/22
Cheddar Cheese Pierogi Candied Carrots 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	Vacation Day No School	Vacation Day No School
Fresh vegetables and fruits served every day are: Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges				
11/28/22	11/29/22	11/30/22	12/1/22	12/2/22
Vacation Day No School	Vacation Day No School	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				
Buffalo Chicken Dip with Chips	BYO Flatbread Pizza		Tortilla Chips with Cheese Sauce	Italian Pepperoni and Cheese
Smucker's PB&J	Ham & Cheese with Crackers	Tortilla Chips with Cheese Sauce	Breadsticks with Sauce	Grilled Chicken
Super Fruit				Walking Taco

Craveables are offered daily as an alternate reimbursable meal.

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

Tammy Vinglas, General Manager

814-669-1108 or 814-330-2230

vinglas@jvsd.org
ma1029@metzcorp.com



Menu is subject to change due to product availability



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

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

