



Juniata Valley Elementary School
October 2022
Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
10/3/22	10/4/22	10/5/22	10/6/22	10/7/22
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	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
10/10/22	10/11/22	10/12/22	10/13/22	10/14/22
Peace, Love & School Lunch 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
NATIONAL SCHOOL LUNCH WEEK 10/10 - 10/14				
10/17/22	10/18/22	10/19/22	10/20/22	10/21/22
Hot Dog on a Bun Tater Tots Choice of Fruit and Fresh Vegetables Choice of Milk	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				
10/24/22	10/25/22	10/26/22	10/27/22	10/28/22
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				
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				
Buffalo Chicken Dip with Chips	BYO Flatbread Pizza		Italian Pepperoni and Cheese	
Smucker's PB&J		Tortilla Chips with Cheese Sauce		Grilled Chicken
Super Fruit	Ham & Cheese with Crackers		Breadsticks with Sauce	Walking Taco

Craveables are offered daily as an alternate reimbursable meal.

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

Tammy Vinglas, General Manager

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USDA is an equal opportunity provider and employer

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

