

Smethport Area Elementary School Lunch

Food Service Director: Erica Zeigler
Email: ezeigler@smethportschools.com
Phone Number: 814-450-5143

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



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
Mixed Green Salad
Bean Salad
Celery
Cucumbers
Peppers
*May choose two 1/2 cup servings


*Fruits may include:
Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Peas
Applesauce
*May choose one 1/2 cup serving



Milk Choices Offered Daily

Fat Free Chocolate, Low Fat Strawberry,
Fat Free White and Low Fat White

MENUS SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Daily Choices
9/24 BBQ Chicken Sandwich Baked Beans Mixed Fruit Milk Choice	9/25 Cheesy Lasagna Roll up Garlic Breadstick Sweet Peas Diced Peas Milk Choice	9/26 Turkey and Cheese Sub Steamed Broccoli Sliced Watermelon Milk Choice	9/27 Fluffy Pancakes and Scrambled Eggs Crispy Hash Brown Rounds 100% Fruit Juice Milk Choice	9/28 Chicken and Cheese Quesadilla Refried Beans Mandarin Oranges Milk Choice	Peanut Butter and Jelly Sandwich Yogurt with Bread
10/1 Teriyaki Chicken and Vegetables with Rice Sliced Bread Steamed Broccoli Pineapple Tidbits Milk Choice	10/2 Crunchy Fish Sticks Sliced Bread Seasoned Potato Wedges Diced Peaches Milk Choice	10/3 Pulled Pork Loaded Waffle Fries Sliced Bread Seasoned Green Beans Cinnamon Applesauce Milk Choice	10/4 Sloppy Jo on Bun Baked Beans Mixed Fruit Cup Milk Choice	10/5 Turkey and Cheese on Pretzel Bun Sweet Peas Mandarin Oranges Milk Choice	
10/8 No School	10/9 French Toast Sticks with Scrambled Eggs Hash Brown Rounds 100% Fruit Juice Milk Choice	10/10 Cheesy Italian Dunkers with Marinara Sauce Steamed Broccoli Chilled Peas Milk Choice	10/11 Grilled Cheese Sandwich Tomato Soup Buttered Corn Fruited Gelatin Milk Choice	10/12 BBQ Rib Sandwich Bubbly Baked Beans Pineapple Tidbits Milk Choice	
10/15 General Tso's Chicken Bowl Sliced Bread Steamed Broccoli Mandarin Oranges Milk Choice	10/16 Baked Rigatoni Garlic Breadstick Sweet Peas Chilled Peas Milk Choice	10/17 Mini Corn Dog Nuggets Seasoned Green Beans Mixed Fruit Cup Milk Choice	10/18 Walking Taco with Beef and Cheese Sliced Bread Black Bean and Corn Salad Berry Applesauce Milk Choice	10/19 Pulled Pork BBQ Sandwich Honey Glazed Carrots Sliced Peaches Milk Choice	
10/22 Meatball and Mozzarella Hoagie Baked French Fries Diced Peas Milk Choice	10/23 Ham & Cheese Stromboli Steamed Broccoli Chilled Peaches Milk Choice	10/24 Chicken Fajita Nachos Sliced Bread Seasoned Green Beans Cinnamon Applesauce Milk Choice	10/25 Creamy Macaroni and Cheese Sliced Bread Buttered Corn Mandarin Oranges Milk Choice	10/26 Crispy Chicken Sticks Whole Grain Bread Sweet Peas Mixed Fruit Cup Milk Choice	Lunch Prices: Paid \$2.00 Reduced \$0.40 Adult \$3.50
Monday Grilled Hot Dog on Bun	Tuesday Crispy Chicken Patty Sandwich Chef Salad with Dinner Roll	Wednesday Cheeseburger on Bun	Thursday Chicken Nuggets with Bread Chef Salad with Dinner Roll	Friday Homemade Cheese Pizza	 Whole Grains Available Daily