

Smethport Area High School Lunch Menu



Food Service Director: Erica Zeigler
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Grilled Chicken Salad
Chef Salad with Turkey, Ham and Cheese
Available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
9/24 BBQ Grilled Chicken Sandwich Baked Beans Mixed Fruit Cup Fat Free Milk	9/25 Cheesy Lasagna Roll Up Garlic Breadstick Sweet Peas Diced Pears Fat Free Milk	9/26 Turkey and Cheese Sub Steamed Broccoli Sliced Watermelon Fat Free Milk	9/27 Fluffy Pancakes Scrambled Eggs Crispy Tater Tots 100% Fruit Juice Fat Free Milk	9/28 Chicken and Cheese Quesadilla Refried Beans Mandarin Oranges Fat Free Milk
10/1 Teriyaki Chicken and Vegetables with Rice Sliced Bread Steamed Broccoli Pineapple Tidbits Fat Free Milk	10/2 Fish Patty Sandwich Seasoned Potato Wedges Diced Peaches Fat Free Milk	10/3 Pulled Pork Loaded Waffle Fries Sliced Bread Seasoned Green Beans Cinnamon Applesauce Fat Free Milk	10/4 Sloppy Jo on Bun Baked Beans Mixed Fruit Cup Fat Free Milk	10/5 Turkey and Cheese on Pretzel Bun Sweet Peas Mandarin Oranges Fat Free Milk
10/8 No School	10/9 French Toast Sticks Scrambled Eggs Crispy Tater Tots 100% Fruit Juice Fat Free Milk	10/10 Cheesy Italian Dunkers with Marinara Sauce Steamed Broccoli Chilled Pears Fat Free Milk	10/11 Grilled Cheese Sandwich Tomato Soup Buttered Corn Fruited Gelatin Fat Free Milk	10/12 Grilled Hot Dog on Bun Bubbly Baked Beans Pineapple Tidbits Fat Free Milk
10/15 General Tso's Chicken Bowl Sliced Bread Steamed Broccoli Mandarin Oranges Fat Free Milk	10/16 Baked Rigatoni Garlic Breadstick Sweet Peas Chilled Pears Fat Free Milk	10/17 Mini Corn Dog Nuggets Seasoned Green Beans Mixed Fruit Cup Fat Free Milk	10/18 Walking Taco with Beef and Cheese Sliced Bread Black Bean and Corn Salad Berry Applesauce Fat Free Milk	10/19 Pulled Pork BBQ Sandwich Honey Glazed Carrots Sliced Peaches Fat Free Milk
10/22 Meatball and Mozzarella Sub Baked French Fries Diced Pears Fat Free Milk	10/23 Ham and Cheese Stromboli Steamed Broccoli Chilled Peaches Fat Free Milk	10/24 Chicken Fajita Nachos Sliced Bread Seasoned Green Beans Cinnamon Applesauce Fat Free Milk	10/25 Creamy Macaroni and Cheese Sliced Bread Buttered Corn Mandarin Oranges Fat Free Milk	10/26 Crispy Chicken Sticks Whole Grain Bread Sweet Peas Mixed Fruit Cup Fat Free Milk
Monday Alternate: BBQ Rib on Bun Sliced Cucumbers	Tuesday Alternate: Crispy Chicken Patty Sandwich Baby Carrots	Wednesday Alternate: Cheeseburger on Bun Bean Salad	Thursday Alternate: Spicy Chicken Patty Sandwich Mixed Green Salad	Friday Alternate: Homemade Cheese Pizza Fresh Broccoli



Fruit and Yogurt Parfaits
Peanut Butter and Jelly Sandwich
Available Daily



***Must take at least one 1/2 cup of fruit or vegetable**

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| *Vegetable Bar includes: | *Fruits include: |
| Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber | Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce |



Milk Choices Offered Daily:
1% white, non-fat white, non-fat flavored

Lunch Prices:
Paid \$2.10
Reduced \$.40
Adult \$3.50

The Smethport Are 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



Whole Grains Available Daily

MENUS SUBJECT TO CHANGE