



MINERSVILLE HIGH SCHOOL

JANUARY LUNCH MENU

Jerald Naylon Director of Food & Nutrition
570-544-1400 Ext 2703 Email: Minersville@thenutritiongroup.biz



MONDAY

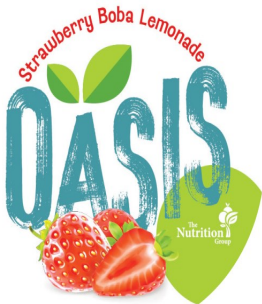
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1.6 Dish of the Day: Grilled Cheese w/ Tomato Soup w/ Crackers Steamed Carrots Tropical Fruit Salad Daily Feature: Chicken Sliders</p>	<p>1.7 Dish of the Day: Taco Americano Bacon Cheeseburger Taco Steamed Corn Chilled Pears Daily Feature: Mozzarella Sticks</p>	<p>1.8 Dish of the Day: Chicken w/Gravy and Biscuit Bowl Mashed Potatoes Green Beans Fresh Banana Daily Feature: Corn Dog Nuggets</p>	<p>1.9 Dish of the Day: Pasta w/ Meat Sauce Garlic Breadstick Seasoned Peas Pineapple Tidbits Daily Feature: Meatball Hoagie</p>	<p>1.10 Dish of the Day: Cheesy Chicken Nachos Refried Beans Fresh Apple Daily Feature: Italian Ciabatta Sandwich</p>
<p>1.13 Dish of the Day: Cheesesteak Bar Beef or Chicken Nashville Hot Potato Wedges Mandarin Oranges Daily Feature: Chicken Cheesesteak</p>	<p>1.14 Dish of the Day: Breaded Pork Patty w/Bread Mashed Potato w/ Gravy Fresh Orange Daily Feature: Popcorn Chicken w/bread</p>	<p>1.15 Dish of the Day: Sloppy Nachos Mixed Vegetables Chilled Tropical Mixed Fruit Daily Feature: Teriyaki Dumplings</p>	<p>1.16 Dish of the Day: Penne Rosa w/Garlic Bread Stick Steamed Broccoli Cinnamon Apple Slices Daily Feature: Dill Chicken Sandwich</p>	<p>1.17 Dish of the Day: Sweet and Spicy BBQ Chicken Bowl w/Bread Steamed Corn Chilled Peaches Daily Feature: Bosco Sticks w/ Marinara</p>
<p>1.20 </p>	<p>1.21 Dish of the Day: Breaded Chicken Parm w/ Pasta Green Beans Chilled Pears Daily Feature: Hot Ham and Cheese on a Pretzel Bun</p>	<p>1.22 Dish of the Day: Beef and Cheese Walking Taco Fiesta Rice Steamed Corn Cinnamon Apple Slices Daily Feature: Chicken Walking Taco</p>	<p>1.23 Dish of the Day French Toast Sticks & Sausage Crispy Tater Tots Tropical Mixed Fruit Daily Feature: Popcorn Chicken w/Sliced Bread</p>	<p>1.24 Dish of the Day: Nashville Hot Honey Dill Chicken Sandwich French Fries Mandarin Oranges Daily Feature: BBQ Rib Sandwich</p>
<p>1.27 Dish of the Day: Hot Turkey Sandwich Mashed Potatoes w/ Gravy Mixed Vegetables Mandarin Oranges Daily Feature: Chicken Sliders</p>	<p>1.28 Dish of the Day: Beef & Cheese Nachos Black Beans Tropical Fruit Salad Daily Feature: Pulled Pork Sandwich</p>	<p>1.29 Dish of the Day: Buffalo Chicken Alfredo W/Garlic toast Seasoned Corn Fresh Banana Daily Feature: Corn Dog Nuggets</p>	<p>1.30 Dish of the Day: Chicken Quesadilla Refried Beans Pineapple Tidbits Daily Feature: Meatball Hoagie</p>	<p>1.31 Dish of the Day: Italian Dunkers W/ Marinara Sauce Steamed Green Beans Fresh Apple Daily Feature: Ciabatta Grilled Cheese</p>



PLUS:

- Specialty Pizza Variety
- Signature Fresh Salads
- Deluxe Cheeseburger
- Fruit & Yogurt Parfait
- Homemade Style Pepperoni Pizza
- Homemade Style Cheese Pizza
- Homemade Style Pepperoni Pizza
- Breaded Chicken Sandwich
- Spicy Chicken Sandwich
- Specialty Deli Wraps

WHAT MAKES A MEAL?

You must choose at least 3 of 5 components for the school lunch price:

- Choice of Meat or Meat Alternative
 - Choice of Vegetable + Choice of Fruit
 - Choice of Grain/Bread + Choice of Milk
- *Students must choose at least one fruit or vegetable

DAILY MILK CHOICES:

Low Fat White, Fat Free White, Chocolate

FRESH VEGETABLES & FRUIT OFFERED DAILY:

Fresh Fruits and Vegetables That May be Offered Daily

- | | |
|-----------------------|-------------------|
| Apple Slices | Broccoli Florets |
| Fresh Banana | Baby Carrots |
| Raisins, Fresh Orange | Celery, Cucumber, |
| | Fresh Peppers |



MINERSVILLE HIGH SCHOOL JANUARY BREAKFAST MENU

Jerald Naylon Director of Food & Nutrition
570-544-1400 Ext 2703 Email: Minersville@thenutritiongroup.biz




MONDAY

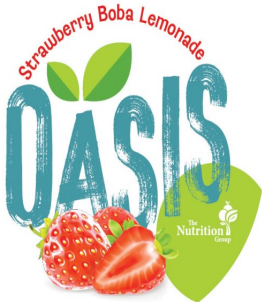
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1.6 French Toast Sticks Assorted Juice Assorted Fruit Lowfat Milk</p>	<p>1.7 Cereal Blast Waffle Assorted Juice Assorted Fruit Lowfat Milk</p>	<p>1.8 Omelet on a Wrap Assorted Juice Assorted Fruit Lowfat Milk</p>	<p>1.9 Blueberry Pancakes Assorted Juice Assorted Fruit Lowfat Milk</p>	<p>1.10 Homemade Cinnamon Bun Assorted Juice Assorted Fruit Lowfat Milk</p>
<p>1.13 Tony's Sausage Breakfast Pizza Assorted Juice Assorted Fruit Lowfat Milk</p>	<p>1.14 Blueberry Pancakes Assorted Juice Assorted Fruit Lowfat Milk</p>	<p>1.15 Dutch Waffle Assorted Juice Assorted Fruit Lowfat Milk</p>	<p>1.16 Bacon Egg & Cheese Muffin Assorted Juice Assorted Fruit Lowfat Milk</p>	<p>1.17 French Toast Sticks Assorted Juice Assorted Fruit Lowfat Milk</p>
<p>1.20 </p>	<p>1.21 Breakfast Chicken on a Biscuit Assorted Juice Assorted Fruit Lowfat Milk</p>	<p>1.22 Fruit & Yogurt Parfait Assorted Juice Assorted Fruit Lowfat Milk</p>	<p>1.23 Muffin Flat Assorted Juice Assorted Fruit Lowfat Milk</p>	<p>1.24 Smoothie with Crackers Assorted Juice Assorted Fruit Lowfat Milk</p>
<p>1.27 French Toast Sticks Assorted Juice Assorted Fruit Lowfat Milk</p>	<p>1.28 Cereal Blast Waffle Assorted Juice Assorted Fruit Lowfat Milk</p>	<p>1.29 Omelet on a Wrap Assorted Juice Assorted Fruit Lowfat Milk</p>	<p>1.30 Blueberry Pancakes Assorted Juice Assorted Fruit Lowfat Milk</p>	<p>1.31 Homemade Cinnamon Bun Assorted Juice Assorted Fruit Lowfat Milk</p>



PLUS:

- Specialty Pizza Variety
- Signature Fresh Salads
- Deluxe Cheeseburger
- Fruit & Yogurt Parfait
- Homemade Style Pepperoni Pizza
- Homemade Style Cheese Pizza
- Homemade Style Pepperoni Pizza
- Breaded Chicken Sandwich
- Spicy Chicken Sandwich
- Specialty Deli Wraps

WHAT MAKES A MEAL?

You must choose at least 3 of 5 components for the school lunch price:

- Choice of Meat or Meat Alternative
 - Choice of Vegetable + Choice of Fruit*
 - Choice of Grain/Bread + Choice of Milk
- *Students must choose at least one fruit or vegetable

DAILY MILK CHOICES:

Low Fat White, Fat Free White, Chocolate

FRESH VEGETABLES & FRUIT OFFERED DAILY:

Fresh Fruits and Vegetables That May be Offered Daily

- | | |
|-----------------------|-------------------|
| Apple Slices | Broccoli Florets |
| Fresh Banana | Baby Carrots |
| Raisins, Fresh Orange | Celery, Cucumber, |
| | Fresh Peppers |



MINERSVILLE January ELEMENTARY LUNCH

Director of Food & Nutrition: Jerry Naylon
 minersville@thenutritiongroup.biz
 570-544-1400 EXT 2703



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1.6 Dish of the Day: Grilled Cheese w/ Tomato Soup Steamed Carrots Tropical Fruit Salad Daily Feature: Cheeseburger on a Bun Fruit and Yogurt Parfait	1.7 Dish of the Day: Taco Americano Bacon Cheeseburger Taco Steamed Corn Chilled Pears Daily Feature: Chicken Patty on a Bun Turkey & Cheese Wrap	1.8 Dish of the Day: Chicken w/Gravy and Biscuit Bowl Mashed Potatoes Fresh Banana Daily Feature: Corn Dog Nuggets Ham & Cheese Hoagie	1.9 Dish of the Day: Pasta w/ Meat Sauce Garlic Breadstick Seasoned Peas Pineapple Tidbits Daily Feature: Chicken Nuggets w/ Bread BYO Pizza Munchable	1.10 Dish of the Day: Chicken Quesadilla Sweet Corn Fresh Apple Daily Feature: Cheese Pizza Italian Hoagie
1.13 Dish of the Day: Cheesesteak Hoagie Beef or Chicken Nashville Hot Potato Wedges Mandarin Oranges Daily Feature: Cheeseburger on a Bun Fruit and Yogurt Parfait	1.14 Dish of the Day: Breaded Pork Patty w/Bread Mashed Potatoes w/ Gravy Fresh Orange Daily Feature: Chicken Patty on a Bun Turkey & Cheese Wrap	1.15 Dish of the Day: Sloppy Nachos Mixed Vegetables Chilled Tropical Mixed Fruit Daily Feature: Corn Dog Nuggets Ham & Cheese Hoagie	1.16 Dish of the Day: Penne Rosa w/Garlic Bread Stick Steamed Broccoli Cinnamon Apple Slices Daily Feature: Chicken Nuggets w/ Bread BYO Pizza Munchable	1.17 Dish of the Day: Sweet and Spicy BBQ Chicken Bowl w/Bread Steamed Corn Chilled Peaches Daily Feature: Cheese Pizza Italian Hoagie
1.20 No School	1.21 Dish of the Day: Breaded Chicken Parm w/ Pasta Mixed Vegetables Chilled Pears Daily Feature: Chicken Patty on a Bun Turkey & Cheese Wrap	1.22 Dish of the Day: Beef and Cheese Walking Taco Fiesta Rice Steamed Corn Cinnamon Apple Slices Daily Feature: Corn Dog Nuggets Ham & Cheese Hoagie	1.23 Dish of the Day French Toast Sticks & Sausage Crispy Tater Tots Tropi- cal Mixed Fruit Daily Feature: Chicken Nuggets w/ Bread BYO Pizza Munchable	1.24 Dish of the Day: Dill Chicken Sandwich Steamed Carrots Mandarin Oranges Daily Feature: Cheese Pizza Italian Hoagie
1.27 Dish of the Day: Hot Turkey Sandwich w/Mashed Potatoes & Gravy Mixed Vegetables Mandarin Oranges Daily Feature: Cheeseburger on a Bun Fruit and Yogurt Parfait	1.28 Dish of the Day: Taco Tuesday Soft Taco Beef & Cheese Black Beans Tropical Fruit Salad Daily Feature: Chicken Patty on a Bun Turkey & Cheese Wrap	1.29 Dish of the Day: Chicken & Broccoli Alfredo W/Garlic toast Steamed Broccoli Fresh Banana Daily Feature: Corn Dog Nuggets Ham & Cheese Hoagie	1.30 Dish of the Day: Meatball Hoagie Seasoned Peas Pineapple Tidbits Daily Feature: Chicken Nuggets w/ Bread BYO Pizza Munchable	1.31 Dish of the Day: Italian Dunkers Steamed Green Beans Fresh Apple Daily Feature: Cheese Pizza Italian Hoagie

PLUS: → Peanut Butter & Jelly
Fresh Made Salad

WHAT MAKES A MEAL?
 You must choose at least 3 of 5 components for the school lunch price.

- Choice of Meat or Meat Alternative
- Choice of Vegetable + Choice of Fruit*
- Choice of Grain/Bread + Choice of Milk

*Students must choose at least one fruit or vegetable

DAILY MILK CHOICES:
 Low Fat White, Fat Free White, Chocolate

Fresh Fruits and Vegetables That May be Offered Daily

Broccoli Florets	Apple Slices
Baby Carrots	Fresh Banana
Celery & Cucumber	Raisins



Fresh Eats
CAFETERIA

MINERSVILLE January LLEWELLYN LUNCH

Director of Food & Nutrition: Jerry Naylon
minersville@thenutritiongroup.biz
570-544-1400 EXT 2703



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1.6 Dish of the Day: Grilled Cheese w/ Tomato Soup Steamed Carrots Tropical Fruit Salad Daily Feature: Fruit and Yogurt Parfait</p>	<p>1.7 Dish of the Day: Taco Americano Bacon Cheeseburger Taco Steamed Corn Chilled Pears Daily Feature: Turkey & Cheese Wrap</p>	<p>1.8 Dish of the Day: Chicken w/Gravy and Biscuit Bowl Mashed Potatoes Fresh Banana Daily Feature: Ham & Cheese Hoagie</p>	<p>1.9 Dish of the Day: Pasta w/ Meat Sauce Garlic Breadstick Seasoned Peas Pineapple Tidbits Daily Feature: BYO Pizza Munchable</p>	<p>1.10 Dish of the Day: Chicken Quesadilla Sweet Corn Fresh Apple Daily Feature: Italian Hoagie</p>
<p>1.13 Dish of the Day: Cheesesteak Hoagie Beef or Chicken Nashville Hot Potato Wedges Mandarin Oranges Daily Feature: Fruit and Yogurt Parfait</p>	<p>1.14 Dish of the Day: Breaded Pork Patty w/Bread Mashed Potatoes w/ Gravy Fresh Orange Daily Feature: Turkey & Cheese Wrap</p>	<p>1.15 Dish of the Day: Sloppy Nachos Mixed Vegetables Chilled Tropical Mixed Fruit Daily Feature: Ham & Cheese Hoagie</p>	<p>1.16 Dish of the Day: Penne Rosa w/Garlic Bread Stick Steamed Broccoli Cinnamon Apple Slices Daily Feature: BYO Pizza Munchable</p>	<p>1.17 Dish of the Day: Cheese Pizza Steamed Corn Chilled Peaches Daily Feature: Italian Hoagie</p>
<p>1.20 No School</p>	<p>1.21 Dish of the Day: Breaded Chicken Parm w/ Pasta Mixed Vegetables Chilled Pears Daily Feature: Turkey & Cheese Wrap</p>	<p>1.22 Dish of the Day: Beef and Cheese Walking Taco Fiesta Rice Steamed Corn Cinnamon Apple Slices Daily Feature: Ham & Cheese Hoagie</p>	<p>1.23 Dish of the Day French Toast Sticks & Sausage Crispy Tater Tots Tropi- cal Mixed Fruit Daily Feature: BYO Pizza Munchable</p>	<p>1.24 Dish of the Day: Cheeseburger on a Bun Steamed Carrots Mandarin Oranges Daily Feature: Italian Hoagie</p>
<p>1.27 Dish of the Day: Hot Turkey Sandwich w/ Mashed Potatoes and Gravy Mixed Vegetables Mandarin Oranges Daily Feature: Fruit and Yogurt Parfait</p>	<p>1.28 Dish of the Day: Taco Tuesday Soft Taco Beef & Cheese Black Beans Tropical Fruit Salad Daily Feature: Turkey & Cheese Wrap</p>	<p>1.29 Dish of the Day: Chicken & Broccoli Alfredo W/Garlic toast Steamed Broccoli Fresh Banana Daily Feature: Ham & Cheese Hoagie</p>	<p>1.30 Dish of the Day Meatball Hoagie Seasoned Peas Pineapple Tidbits Daily Feature: BYO Pizza Munchable</p>	<p>1.31 Dish of the Day: Italian Dunkers Steamed Green Beans Fresh Apple Daily Feature: Italian Hoagie</p>



PLUS: →

- Peanut Butter & Jelly
- Fresh Made Salad

WHAT MAKES A MEAL?
You must choose at least 3 of 5 components for the school lunch price.

- Choice of Meat or Meat Alternative
- Choice of Vegetable + Choice of Fruit*
- Choice of Grain/Bread + Choice of Milk

*Students must choose at least one fruit or vegetable

DAILY MILK CHOICES:
Low Fat White, Fat Free White, Chocolate

Fresh Fruits and Vegetables That May be Offered Daily

Broccoli Florets	Apple Slices
Baby Carrots	Fresh Banana
Celery & Cucumber	Raisins



Fresh Eats
CAFETERIA

Minersville Elementary / Llewellyn Center
January Breakfast

Director of Food & Nutrition: Jerry Naylon
Minersville@thenutritiongroup.biz
570-544-1400 Ext 2703



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1.6</p> <p>French Toast Sticks Fresh Citrus Orange Assorted Juice Assorted Low Fat Milk</p>	<p>1.7</p> <p>Dutch Waffle Fresh Petite Banana Assorted Juice Assorted Low Fat Milk</p>	<p>1.8</p> <p>Chocolate Chip Muffin Flat Fresh Apple Slices Assorted Juice Assorted Low Fat Milk</p>	<p>1.9</p> <p>Breakfast Chicken on a Biscuit Fresh Apple Slices Assorted Juice Assorted Low Fat Milk</p>	<p>1.10</p> <p>Breakfast Pizza Fresh Petite Banana Assorted Juice Assorted Low Fat Milk</p>
<p>1.13</p> <p>Blueberry Pancakes Fresh Petite Banana Assorted Juice Assorted Low Fat Milk</p>	<p>1.14</p> <p>Sausage Egg & Cheese Muffin Fresh Petite Banana Assorted Juice Assorted Low Fat Milk</p>	<p>1.15</p> <p>Dutch Waffle Fresh Petite Banana Assorted Juice Assorted Low Fat Milk</p>	<p>1.16</p> <p>Pancake Wrap Nug- gets Delicious Red Apple Assorted Juice Assorted Low Fat Milk</p>	<p>1.17</p> <p>Fluffy Scrambled Eggs With Toast Fresh Petite Banana Assorted Juice Assorted Low Fat Milk</p>
<p>1.20 No School</p>	<p>1.21</p> <p>Breakfast Pizza Fresh Petite Banana Assorted Juice Assorted Low Fat Milk</p>	<p>1.22</p> <p>Egg & Cheese Bagel Fresh Petite Banana Assorted Juice Assorted Low Fat Milk</p>	<p>1.23</p> <p>Fun N Frutti Cereal Blast Red Delicious Apple Assorted Juice Assorted Low Fat Milk</p>	<p>1.24</p> <p>Mini Chocolate Chip French Toast Fresh Apple Slices Assorted Juice Assorted Low Fat Milk</p>
<p>1.27</p> <p>Pancakes With Sausage Fresh Apple Slices Assorted Juice Assorted Low Fat Milk</p>	<p>1.28</p> <p>Assorted Yogurt with Toast Fresh Citrus Orange Assorted Juice Assorted Low Fat Milk</p>	<p>1.29</p> <p>Assorted Muffin Flats Fresh Petite Banana Assorted Juice Assorted Low Fat Milk</p>	<p>1.30</p> <p>Cinnamon Roll Fresh Petite Banana Assorted Juice Assorted Low Fat Milk</p>	<p>1.31</p> <p>Bacon Egg and Cheese on an English Muffin Fresh Apple Slices Assorted Juice Assorted Low Fat Milk</p>

PLUS: Assorted Cereal with Crackers

WHAT MAKES A MEAL?
You must choose at least 3 of 5 components for the school lunch price:

- Choice of Meat or Meat Alternative
- Choice of Vegetable + Choice of Fruit*
- Choice of Grain/Bread + Choice of Milk

*Students must choose at least one fruit or vegetable

DAILY MILK CHOICES:
White, Chocolate

FRESH VEGETABLES & FRUIT OFFERED DAILY:
Fruits May be Substituted Daily Based on Availability