



SCHUYLKILL VALLEY MIDDLE SCHOOL



**PANTHER
PRIDE!**

Sep-26



Every meal consists of servings from the following 5 meal components: Meat/Meat Alternate, Whole Grains, Vegetable, Fruit, and Milk

Students **MUST** select a **MINIMUM** of 3 meal components offered and 1 **MUST** be a fruit or vegetable
A selection of white and flavored 1% Milk is offered daily



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 1 Walking Tacos w/ All the toppings Fiesta Beans Sweet Corn Fruit	 2 Orange Chicken over Brown Rice Steamed Broccoli Baby Carrots Fruit	 3 Buffalo Chicken Dip w/Tortilla Chips California Blend Veggies Lettuce and Tomato Cup Fruit	4 SCHOOL IS CLOSED
7 SCHOOL IS CLOSED	 8 Subway Sandwiches with lettuce, tomato and pickles Seasoned Peas Fresh Fruit	 9 Popcorn Chicken w/ Biscuit Buttered Noodles Seasoned Corn Fruit	 10 Assorted Pizza Day Side Salad Buttered Broccoli Fresh Veggies Fruit	 11 Chicken Wings w/ Dinner Roll Curly Fries Glazed Carrots Baked Beans Fruit
 14 Chicken Dumplings w/ Sweet and sour Sauce Glazed Veggie Blend Fruit Veggies Fruit	 15 Walking Tacos w/ All the toppings Refried Beans Corn Fruit	16 EARLY DISMISSAL 	 17 Meatball Parm Hoagie Steamed Broccoli Side Salad Fresh Veggies Fruit	 18 Cheeseburger Lettuce and Tomato Pasta Salad California Blend Fruit
 21 Meatballs and Noodles w/ Dinner Roll Steamed Broccoli Fresh Veggies Fruit	 22 Toasted Cheese Sandwich Tomato Soup Seasoned Carrots Fresh Veggie Fruit	 23 Chicken Drumsticks w/Cornbread Seasoned Black Beans Fresh Veggie Fruit	 24 Mozzarella Cheese Sticks w/Marinara Sauce Glazed Carrots Fresh Veggie Fruit	 25 Assorted Quesadillas Fiesta Rice Corn Fresh Veggie Fruit
 28 Macaroni and Cheese w/ Garlic Breadstick Seasoned Broccoli Fresh Veggies Fruit	 29 French Toast Sticks w/ Syrup Sausage Links Baked Cinnamon Apples Fresh Veggies and Fruit	 30 Hot Dog Waffle Fries Baked Beans Buttered Carrots Fresh Veggies and Fruit		



Additional Entrée Items Offered.

Menu is subject to change.
This institution is an
equal opportunity provider.



Entrée Salads



Pizza



Subs & Wraps



PB&J



Yogurt Parfaits

MEAL PRICES

Breakfast - Free for ALL Students

Paid Lunch Cost - \$3.10



We are now offering White and Chocolate Lactaid Milk



Interested in substituting in food service? Call Louisa Trumbore at 610-916-5726

