

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breakfast: Pop Tart Lunch: Mandarin Orange or General Tso's Chicken Fried Rice Broccoli Applesauce	2 Breakfast: Donut Lunch: Chicken Patty Sandwich French Fries Green Beans Mandarin Oranges	3 Breakfast: Muffin Lunch: Stuffed Crust Pizza Side Salad Corn Choice of Juice	4 Breakfast: Cinnamon Roll Lunch: Cheeseburger French Fries Baked Beans Fruit Cup
7 	8 Breakfast: Chocolate Bread Lunch: Rigatoni w/ Meat Sauce Green Beans Applesauce Cup Breadstick(HS)	9 Breakfast: French Toast Lunch: Meat Lover's Stromboli Pizza Sauce Corn Strawberry Cup Churro (HS)	10 Breakfast: Mini Bagel Lunch: Chicken Tenders French Fries Peas Mixed Fruit Dinner Roll	11 
14 Breakfast: Crumb Cake Lunch: Breaded Cheese Ravioli Pizza Sauce Carrots Strawberry Cup Breadstick (HS)	15 Breakfast: Mini Blueberry Loaf Lunch: Chicken Alfredo over Penne Pasta Broccoli Peas Breadstick (HS)	16 Breakfast Pancake & Sausage on a Stick Lunch: Chicken Tender Wrap Peas Peaches	17 Breakfast: Snack n' Waffle Breakfast Sandwich Lunch: Pancake Brunch Hash Brown Carrots Choice of Juice	18 Breakfast: Apple Frudel Lunch: Pizza Burger Onion Rings Corn Frozen Juice Sorbet
21 Breakfast: Donut Lunch: Sloppy Joe on WG Bun Tator Tots Baked Beans Mandarin Oranges	22 Breakfast: Pancakes Lunch: Chicken Fajita Seasoned Rice Peppers & Onions Pineapple Tidbits	23 Breakfast: Breakfast Pizza Lunch: Garlic Mozzarella Rippinz Pizza Sauce California Mix Applesauce Cup	24 Breakfast: Cereal & Yogurt Lunch: Walking Taco Corn Strawberry Cup Breadstick (HS)	25 Breakfast: Cinnamon Toast Crunch Muffin Lunch: Quesadilla Side Salad Mexican Corn Applesauce Cup Cupcake (HS)
28 Breakfast: Mini Cinnamon Bagels Lunch: Cheeseburger French Fries Baked Beans Fresh Fruit	29 Breakfast: Soy Butter & Jelly Sandwich Lunch: Country Fried Steak Mashed Potatoes Green Beans Peaches Dinner Roll	30 Breakfast: Dutch Waffle Lunch: Chicken Ranch Flatbread Side Salad Mixed Fruit		

SEPTEMBER

Shanksville-Stonycreek Middle & High School

All students receive free breakfast and lunch.

Ala carte items may be purchased if the student has funds in their cafeteria account. Payments can be made directly to the school or by using the School Cafe app.



School lunches include 5 components: Meat/ Meat Alternative, Bread/ Grain, Fruit, Vegetable, and Milk. Students must choose 3 of the 5 components, one of which must be at least a ½ cup serving of fruit or vegetable.

Available Daily

Breakfast: Fresh fruit and Juice, Pop Tarts, Benefit Bars, Cereal and Yogurt

Lunch: Salads, Viking Power Packs, Snack Packs, and Fresh Fruit and Vegetables.

Every meal includes your choice of milk

MENU IS SUBJECT TO CHANGE

