

SOUTHMORELAND SCHOOL DISTRICT SENIOR HIGH

LUNCH MENU OCTOBER 2026

Breakfast Offered Daily :
 Assorted Whole Grain
 Grab-n-Go Items Vary Daily
 Breakfast Meal includes:
 Entrée, Fruit &/or Juice, & Milk
Breakfast Prices
All meals to Students are FREE
Adults—\$3.05

Lunch meal includes 1 entrée
 (bread & lean protein),
 Max of 2 different vegetables, 2 different fruits,
 & Choice of milk.
 (Whole, 2%, 1% flavored, Alternates)
AT MINIMUM students must
select 1 fruit or veg with your meal & 2 other
food components.

Daily lunch fruits & veg may include
seasonal fresh fruit, fresh & cooked veggies, chilled,
canned, or frozen fruit, & 100% veggie juice.
100% fruit juice (offered daily).

Lunch Prices
All meals to Students are FREE
Adults—\$5.05

Use www.schoolcafe.com to register/manage
 your student account. Meals are FREE but
 funds are required for a la carte purchasing.
Parents may use SchoolCafe to make online payments
(3rd party processing fee applies)
Food Service also accepts cash or checks endorsed to
"Southmoreland Cafeteria Fund" in envelope w/student
name and ID number. Student should submit directly to
cafeteria staff or to main office personnel.

Daily Grab n Go (may include)
Chef Salads, Parfait Kits,
Yogurt Kits, Uncrustable Kits
Cheese/Cracker/Veggie Kits
Scottie Deli on Kaiser, Italiano's,
Turkey & Cheese Croissant

Daily Pizza
CHEESE & PEPPERONI (available daily)
Specialties may include:
Bosco/Max Sticks, Assorted Flatbreads
French Bread Pizza, Stuffed Crust Pizza
Buffalo Chicken Pizza, White Pizza

Date	Monday	Tuesday	Wednesday	Thursday	Friday
Oct. 1-2				Beef & Cheese Nachos <u>Cond: Lettuce, Sour Cream, Salsa</u> Sweet Potato Tots Side Salad Cups w/Dressing Strawberry Cup Diced Pears	Chicken & Veg Dumplings Fried Rice & Egg Roll Steamed Broccoli 100% Veggie Juice Cinnamon Applesauce Fresh Banana <i>Sauce: Korean BBQ or Teriyaki</i>
Oct. 5-9	Grilled Turkey Burger w/Bacon & Cheddar Cheese Twister Fries Pepper Strips w/Ranch Apple Slices Diced Peaches	Chicken Tenders & Dip Sauce w/Dutch Waffle Peas & Carrots Cucumber Slices w/Ranch Mixed Fruit Cup	Bone-In Chicken Wings Garlic Knot Twister Fries Baby Carrots w/Ranch Orange Wedges Razzleberry Applesauce	NAT'L PIEROGI DAY Pierogis w/Onions Glazed Carrots 100% Veggie Juice Diced Pears Warm Cinnamon Apples	Rotini w/Meat Sauce Breadstick Seasoned Green Beans Side Salad Cups w/Dressing Diced Peaches Fresh Banana
Oct. 12-16 	BBQ Pulled Pork Sandwich Seasoned Green Beans Fresh Broccoli w/Ranch Peach Applesauce Apple Slices	French Toast Sticks w/Syrup Breakfast Sausage Cheesy Hashbrown Bake 100% Veggie Juice Diced Pears Fresh Red/Golden Apple	Sampler Basket (Boneless Wings, Mozz Sticks) Twister Fries Baby Carrots w/Ranch Cinnamon Applesauce	Orange Chicken Steamed Rice Steamed Broccoli Side Salad Cups w/Dressing Pineapple Chunks Diced Peaches	DORITOS Walking Taco <u>Cond: Lettuce, Sour Cream, Salsa</u> Seasoned Corn Cucumber Slices w/Ranch Orange Wedges Fresh Banana
Oct. 19-23	Meatball Parmesan Bowl w/Italian Breadstick Dunkers Seasoned Green Beans Cucumber Slices w/Ranch Strawberry Cup Diced Peaches	Texas Grilled Cheese Tomato Soup Sweet Potato Fries Side Salad Cups w/Dressing Mixed Berry Applesauce Fresh Grapes	Baked Italian Panini w/Chips Seasoned Peas & Carrots Pepper Strips w/Ranch Diced Pears Fresh Red/Golden Apple	Popcorn Chicken Bowl (Mashed Potatoes, Gravy, Cheese) Seasoned Corn Fresh Broccoli w/Ranch Orange Wedges Apple Slices	2Hr Early Dismissal General Tso Chicken Fried Rice Steamed Broccoli 100% Veggie Juice Strawberry Cups Fresh Banana
Oct. 26-30	Buffalo Chicken Dip w/Tostitos Chips & Breadstick Steamed Veg Trio Cucumber Slices w/Ranch Apple Slices	Chicken Drumstick w/Biscuit Mashed Potatoes & Gravy Fresh Veggie Boats w/Ranch Diced Peaches Fresh Red/Golden Apple	Pancakes w/Butter & Syrup Breakfast Sausage Hash Brown Rounds 100% Veggie Juice Cinnamon Applesauce Orange Wedges	Bacon Cheeseburger BBQ Baked Beans Fresh Broccoli w/Ranch Sparkling Diced Pears Watermelon Applesauce	Macaroni & Cheese, Pretzel <u>Ham & American Sandwich</u> Steamed Broccoli Baby Carrots w/Ranch Strawberry Cups Boo-nanas Dessert: Pumpkin Cobbler



Daily Grill
Hamburger/Cheeseburger
Chicken Patty (Plain/Spicy)
Rich-fil-a Dill Chicken Sandwich
Turkeyburger w/Cheese
Nachos w/Cheese
Weekly Grill Basket Features
Pizza Crunchers, Corn Dogs, Mozz Sticks

All menu items are subject to change.
Food Service Department Contact Information
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 Phone: 724-887-2015
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 Follow us: Southmoreland Food Service Facebook page.
This institution is an equal opportunity provider.