

| Monday                                                                                                                                                                                                                         | Tuesday                                                                                                                                                  | Wednesday                                                                                                                                  | Thursday                                                                                                                                                                                                           | Friday                                                                                                                                                        |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                |                                                                                                                                                          |                                                            | <b>1</b><br><b>Breakfast:</b> Choc Chip <b>OR</b> Pumpkin Spice Skone<br><b>Lunch:</b> Hot Dog on WG Bun<br>French Fries<br>Green Beans<br>Peaches<br>Confetti Cookie (HS)                                         | <b>2</b><br>Breakfast: Cook's Choice<br><br>Lunch: Personal Pizza<br>Side Salad<br>Corn<br>Assorted Juice Cup<br>Churro (HS)                                  |
| <b>5</b><br><br>Breakfast: Pop Tart<br><br>Lunch: Turkey & Cheese Wrap<br>Side Salad<br>Pineapple<br>Breadsticks (2) HS                                                                                                        | <b>6</b><br><br>Breakfast: Ham, Egg, & Cheese Biscuit<br><br>Lunch: Mandarin Orange or General Tso's Chicken<br>Fried Rice<br>Broccoli<br>Applesauce     | <b>7</b><br><br>Breakfast: Donut Ring<br><br>Lunch: Chicken Patty Sandwich<br>Sweet Potato Fries<br>Green Beans<br>Mandarin Oranges        | <b>8</b><br><br>Breakfast: WG Double Chocolate Muffin<br><br>Lunch: Stuffed Crust Pizza<br>Side Salad<br>Corn<br>Assorted Juice Cup<br>Churro (HS)                                                                 | <b>9</b><br><br>Breakfast: Cinnamon Roll<br><br>Lunch: Cheeseburger on WG Bun<br>French Fries<br>Baked Beans<br>Assorted Fresh Fruit                          |
| <b>12</b><br><br><b>ACT 80 DAY<br/>NO SCHOOL</b>                                                                                                                                                                               | <b>13</b><br><br>Breakfast: Chocolate Bread<br><br>Lunch: Homestyle Chicken Bowl<br>Popcorn Chicken<br>Mashed Potatoes<br>Corn/ Fruit Cup<br>Dinner Roll | <b>14</b><br><br>Breakfast French Toast Stick<br><br>Lunch: Meat Lover's Stomboli<br>Pizza Sauce<br>Corn<br>Fresh Fruit Cup<br>Churro (HS) | <b>15</b><br><br>Breakfast: Mini Strawberry Bagel<br><br>Lunch: Chicken Tenders<br>French Fries<br>Peas<br>Fruit Cup<br>Dinner Roll                                                                                | <b>16</b><br><br>Breakfast: Egg Bites<br><br>Lunch: Hot Dog on WG Bun<br>Spiral Fries<br>Baked Beans<br>Mandarin Oranges<br>Cookie (HS)                       |
| <b>19</b><br><br>Breakfast: Choc Chip Crumb Cake<br><br>Lunch: Breaded Cheese Ravioli<br>Pizza Sauce<br>Carrots<br>Strawberry Cup<br>Breadstick (HS)                                                                           | <b>20</b><br><br>Breakfast: Mini Strawberry Loaf<br><br>Lunch: Chicken Alfredo over Penne Pasta<br>Broccoli<br>Peas<br>Breadstick (HS)                   | <b>21</b><br><br>Breakfast: Pancake & Sausage on Stick<br><br>Lunch: Chicken Tender Wrap<br>Peas<br>Peaches                                | <b>22</b><br><br><b>Breakfast:</b> Snack n' Waffle Breakfast Sandwich<br><b>Lunch:</b> Pancake Brunch<br>Hash Brown<br>Carrots<br>Assorted Juice                                                                   | <b>23</b><br><br><b>Breakfast:</b> Apple Frudel<br><b>Lunch:</b> Chicken & Veg Potstickers (6)<br>Fried Rice<br>Broccoli<br>Mandarin Oranges<br>Egg Roll (HS) |
| <b>26</b><br><br>Breakfast: Pumpkin Donut Holes<br><br>Lunch: Sloppy Joe on WG Bun<br>Tator Tots<br>Baked Beans<br>Mandarin Oranges<br><br> | <b>27</b><br><br>Breakfast: Pancakes<br><br>Lunch: Chicken Fajita<br>Fried Rice<br>Peppers & Onions<br>Pineapple Tidbits                                 | <b>28</b><br><br>Breakfast: Breakfast Pizza<br><br>Lunch: Garlic Mozzarella Rippinz<br>Pizza Sauce<br>California Mix<br>Applesauce Cup     | <b>29</b><br><br>Breakfast: Egg & Cheese Wrap<br><br>Lunch: Walking Taco<br>Corn<br>Strawberry Cup<br>Breadstick (HS)<br><br> | <b>30</b><br><br>Breakfast: WG Blueberry Muffin<br><br>Lunch: Quesadilla<br>Side Salad<br>Mexican Corn<br>Applesauce<br>Churro (HS)                           |



## 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  $\frac{1}{2}$  cup serving of fruit or vegetable.

### Available Daily

**Breakfast:** Fresh fruit and Juice, Pop Tarts, Benefit Bars, NutriGrain 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**

**TRICK  
OR  
TREAT**

