

Northern Cambria Elementary-Middle School March Lunch Menu

Food Service Director: Michael Weber
 mweber@ncsd.k12.pa.us
 814-948-2670



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
 <p>What Makes a Meal? You must choose at least 3 of 5 components available for the school lunch price. Choice of Meat or Meat Alternate Choice of Vegetable, Choice of Fruit* Choice of Grain/Bread, and Choice of Milk *Students must choose at least one fruit or vegetable</p> 			1 Grilled Cheese Sandwich w/ Tomato Soup Steamed Green Beans Apple Slices Low Fat Milk	2 BBQ Rib Sandwich French Fries Baked Beans Mandarin Oranges Low Fat Milk	3 Macaroni & Cheese Dinner Roll Celery Sticks Blueberries Low Fat Milk	Week 1 Chef Salad with Roll Grilled Chicken Salad with Roll Assorted Wraps Peanut Butter and Jelly Sandwich Nacho Munchable
	6 Corn Dog Nuggets Glazed Carrots Diced Pears Low Fat Milk	7 Nacho Grande w/ Salsa Lettuce & Tomato Steamed Corn Refried Beans Applesauce Low Fat Milk	8 Popcorn Chicken Bowl Bread Mashed Potatoes & Gravy Pineapple Tidbits Low Fat Milk	9 Spaghetti & Meat sauce Dinner Roll Tossed Salad Sliced Peaches Low Fat Milk	10 Grilled Cheese Sandwich w/ Tomato Soup Steamed Green Beans Mandarin Oranges Low Fat Milk	Week 2 Chef Salad with Roll Grilled Chicken Salad with Roll Assorted Wraps Peanut Butter and Jelly Sandwich Ham Munchable
<p>Fresh Fruits and Vegetables Offered Daily</p> <p>*Vegetables may include: Broccoli Florets Baby Carrots Dark Leafy Greens Legume Salads Celery & Cucumber *May choose two 1/2 cup servings</p> <p>*Fruits may include: Crisp Apple Sliced Peaches Mixed Fruit Fresh Orange Banana Pineapple Tidbits Diced Pears Applesauce *May choose one 1/2 cup serving</p> <p><i>MENUS SUBJECT TO CHANGE</i></p>	13 French Toast & Sausage Tater Tots Blueberries Low Fat Milk	14 Italian Dunkers w/ Sauce Steamed Peas Three Bean Salad Apple Slices Low Fat Milk	15 Chicken & a Biscuit Mashed Potatoes & Gravy Sliced Peaches Low Fat Milk 	16 Lasagna Dinner Roll Tossed Salad Diced Pears Low Fat Milk	17 HAPPY ST. PATRICKS DAY NO SCHOOL 	Week 3 Chef Salad with Roll Grilled Chicken Salad with Roll Assorted Wraps Peanut Butter and Jelly Sandwich Nugget Munchable
	20 Salisbury Steak Dinner Roll Mashed Potatoes & Gravy Pineapple Tidbits Low Fat Milk	21 TACO TUESDAY Beef & Cheese Tacos w/ Salsa, Lettuce & Tomato Steamed Corn Refried Beans Mixed Fruit Low Fat Milk 	22 General Tso Chicken over Rice w/ Bread Steamed Broccoli Mandarin Oranges Low Fat Milk	23 Johnnie Marzetti Dinner Roll Steamed Peas Applesauce Low Fat Milk	24 Macaroni & Cheese Dinner Roll Glazed Carrots Diced Peaches Low Fat Milk	Week 4 Chef Salad with Roll Grilled Chicken Salad with Roll Assorted Wraps Peanut Butter and Jelly Sandwich Pizza Dipper Munchable
 <p>Milk Choices Offered Daily Fat Free Chocolate, Fat Free Strawberry, Fat Free White and Low Fat White</p> <p>Lunch Prices: Elementary \$1.95 Middle \$2.05 Reduced \$.40 Adult \$3.45</p>	27 Breaded Chicken Sandwich w/ Lettuce & Tomato French Fries Baked Beans Apple Slices Low Fat Milk	28 Hot Turkey Sandwich Mashed Potatoes & Gravy Sliced Pears Low Fat Milk	29 Walking Taco w/ Salsa, Lettuce & Tomato Bread Steamed Corn Blueberries Low Fat Milk	30 Spaghetti & Meat sauce Dinner Roll Tossed Salad Applesauce Low Fat Milk	31 Grilled Cheese Sandwich w/ Tomato Soup Steamed Green Beans Mandarin Oranges Low Fat Milk	Week 5 Chef Salad with Roll Grilled Chicken Salad with Roll Assorted Wraps Peanut Butter and Jelly Sandwich Nacho Munchable
	Monday Hamburger on a Bun Pizza	Tuesday Chicken Nuggets With Bread	Wednesday Hot Dog on a Bun Pizza	Thursday Chicken Tenders With Bread	Friday Pizza	The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE