







Northern Cambria Elementary-Middle School May / June 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.</p> <p>Choice of Meat or Meat Alternate Choice of Vegetable, Choice of Fruit* Choice of Grain/Bread, and Choice of Milk <i>*Students must choose at least one fruit or vegetable</i></p> 	1 Corn Dog Nuggets Glazed Carrots Sliced Peaches Low Fat Milk	2 Italian Panini w/ Lettuce & Tomato Steamed Green Beans Diced Pears Low Fat Milk	3 Popcorn Chicken Bowl Bread Mashed Potatoes & Gravy Pineapple Tidbits Low Fat Milk	4 Western BBQ Cheese Burger French Fries Baked Beans Mandarin Oranges Low Fat Milk	5 CINCO DE MAYO Walking Taco w/ Salsa, Lettuce & Tomato & Bread Steamed Corn Applesauce Low Fat Milk 	Week 1 Chef Salad with Roll Breaded Chicken Salad with Roll Ham & Cheese Wrap Peanut Butter and Jelly Sandwich Nugget Munchable
	8 Spaghetti w/ Meat Sauce Dinner Roll Steamed Peas Apple Slices Low Fat Milk	9 French Toast & Sausage Tater Tots Blueberries Low Fat Milk	10 Hot Turkey Sandwich Mashed Potatoes & Gravy Diced Peaches Low Fat Milk	11 Nacho Grande w/ Salsa, Lettuce & Tomato & Bread Steamed Corn Roasted Chick Peas Sliced Pears Low Fat Milk	12 Orange Chicken over Rice Steamed Broccoli Pineapple Tidbits Low Fat Milk	Week 2 Chef Salad with Roll Breaded Chicken Salad with Roll Italian Wrap Peanut Butter and Jelly Sandwich Ham Munchable
<p>Fresh Fruits and Vegetables</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>	15 Philly Cheese Steak Hoagie w/ Onions & Peppers Steamed Green Beans Applesauce Low Fat Milk	16 Italian Dunkers w/ Sauce Glazed Carrots Diced Pears Low Fat Milk	17 Chicken & a Biscuit Mashed Potatoes & Gravy Sliced Peaches Low Fat Milk 	18 Johnnie Marzetti Dinner Roll Tossed Salad Mandarin Oranges Low Fat Milk	19 BBQ Rib Sandwich French Fries Confetti Bean Salad Blueberries Low Fat Milk	Week 3 Chef Salad with Roll Breaded Chicken Salad with Roll Turkey Cheese Wrap Peanut Butter and Jelly Sandwich Nacho Munchable
	22 Salisbury Steak Dinner Roll Mashed Potatoes & Gravy Apple Slices Low Fat Milk	23 TACO TUESDAY Beef & Cheese Tacos w/ Salsa Lettuce, Tomato & Bread Steamed Corn Pineapple Tidbits Low Fat Milk 	24 General Tso Chicken over Rice Steamed Broccoli Mandarin Oranges Low Fat Milk	25 Meatball Hoagie w/ Cheese French Fries Black Bean Salad Applesauce Low Fat Milk	26 Breaded Chicken Sandwich w/ Lettuce & Tomato Glazed Carrots Diced Peaches Low Fat Milk	Week 4 Chef Salad with Roll Breaded Chicken Salad with Roll Italian Wrap Peanut Butter and Jelly Sandwich Pizza Munchable
 <p>Milk Choices Offered Daily Fat Free Chocolate, Fat Free Strawberry, and Low Fat White</p> <p>Lunch Prices: Elementary \$1.95 Middle \$2.05 Reduced \$.40 Adult \$3.45</p>	29 NO SCHOOL	30 COOK OUT Hamburger OR Hot Dog Corn Cobbett Baked Beans Watermelon Low Fat Milk 	31 Spaghetti w/ Meat Sauce Dinner Roll Steamed Peas Diced Pears Low Fat Milk	1 California Cheese Steak Hoagie w/ Onions & Peppers French Fries Blueberries Low Fat Milk	2 LAST DAY OF SCHOOL	Week 5 Chef Salad with Roll Breaded Chicken Salad with Roll Ham & Cheese Wrap Peanut Butter and Jelly Nugget 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 Pepperoni 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