



# JUNIATA COUNTY JR HIGH/ HIGH SCHOOL LUNCH MENU

APRIL 2024

MONDAY

1

TUESDAY

2

WEDNESDAY

3

THURSDAY

4

FRIDAY

5

## What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch.

Meat or Meat Alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread  
Choice of Milk

## Daily Vegetable Choices May Include:

Spinach, Broccoli, Romaine Salad, Spring Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Lima Beans, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans, Cabbage and Green Peppers

## Daily Fruit Choices May Include:

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges

## Leave Your Lunch at Home

Daily entrée options may include:  
Cheeseburger on a Bun  
Bacon Cheeseburger  
Chicken Patty on a Bun  
Spicy Chicken Patty on Bun  
Cheese or Pepperoni Pizza  
Specialty Pizza



Choices may include:

Grilled Chicken Salad w/ Roll  
Chef's Salad w/ Roll  
Chicken Caesar Salad w/ Roll  
Strawberry Spinach Salad w/ Roll  
Crispy Chicken Salad with Roll  
Ham & Cheese Wrap or Turkey and Cheese Wrap  
Buffalo Chicken Wrap  
Italian Wrap



## LUNCH PRICES:

Student \$3.00  
Reduced \$.40  
Adult \$4.25  
Chris Ammon  
717-436-2111  
[cammon@jcsdk12.org](mailto:cammon@jcsdk12.org)  
Lauren Mowry  
717-436-2111 x 5166  
[lmowry@jcsdk12.org](mailto:lmowry@jcsdk12.org)

USDA is an equal opportunity provider and employer.



NO SCHOOL



Asian Bar- Choice of Beef or Chicken smothered with Asian Sauces paired with Lo Mein Noodles or Rice

Chicken Alfredo Pasta with Garlic Breadstick  
OR  
Daily Chef Fresh Options  
**FEATURED VEGGIES**  
Steamed Green Peas  
Fresh Romaine Salad  
Chilled Applesauce / Milk  
Day 6

Mashed Potato Bowl with Dinner Roll  
OR  
Daily Chef Fresh Options  
**FEATURED VEGGIES**  
Mashed Potatoes  
Fresh Cherry Tomatoes  
Chilled Peaches / Milk  
Day 1

Toasted Cheese Sandwich  
OR  
Daily Chef Fresh Options  
**FEATURED VEGGIES**  
Creamy Tomato Soup  
Fresh Celery & Carrots  
Chilled Mixed Fruit / Milk  
Day 2

Buffalo Chicken Dip with Nachos  
OR  
Daily Chef Fresh Options  
**FEATURED VEGGIES**  
Steamed Mixed Vegetables  
BBQ Baked Beans  
Red Delicious Apple / Milk  
Day 3



8

9

10

11

12

Ballpark Bar- Your choice of Hot or Mild Sausage, Philly Cheesesteak, or Grilled Hot Dog smothered with lots of Toppings to choose from

General Tso's Chicken over Rice  
OR  
Daily Chef Fresh Options  
**FEATURED VEGGIES**  
Homemade Baked Beans  
Steamed Carrots  
Chilled Mixed Fruit / Milk  
Day 4

Homemade Beef Lasagna with Garlic Breadstick  
OR  
Daily Chef Fresh Options  
**FEATURED VEGGIES**  
Broccoli with Cheese Sauce  
Fresh Baby Carrots  
Chilled Peaches / Milk  
Day 5

French Toast Slice w/ Oven Browned Sausage  
OR  
Daily Chef Fresh Options  
**FEATURED VEGGIES**  
Hash Brown Potatoes  
Fresh Broccoli Salad  
Mandarin Oranges / Milk  
Day 6

Toasted Cheese Sandwich  
OR  
Daily Chef Fresh Options  
**FEATURED VEGGIES**  
Creamy Tomato Soup  
Fresh Romaine Salad  
Red Delicious Apple / Milk  
Day 1

Walking Loco Taco with Dinner Roll  
OR  
Daily Chef Fresh Options  
**FEATURED VEGGIES**  
Steamed Corn  
Fresh Celery Sticks  
Chilled Applesauce / Milk  
Day 2



15

16

17

18

19

Taco Bar- Choice of Soft or Hard-Shell Tortillas, Tortilla Chips, Seasoned Beef, Chicken, or Pork, Nacho Cheese, topped with Refried Beans, Rice, Corn and Salsa

Meatball Sub on Baguette Sandwich  
OR  
Daily Chef Fresh Options  
**FEATURED VEGGIES**  
Steamed Green Beans  
Fresh Celery & Carrots  
Chilled Pineapple / Milk  
Day 3

Buffalo Chicken Dip with Nachos  
OR  
Daily Chef Fresh Options  
**FEATURED VEGGIES**  
Homemade Baked Beans  
Fresh Cucumber Slices  
Fresh Orange Wedges / Milk  
Day 4

Toasted Ham & Swiss Flatbread  
OR  
Daily Chef Fresh Options  
**FEATURED VEGGIES**  
Broccoli with Cheese Sauce  
Fresh Romaine Salad  
Chilled Pears / Milk  
Day 5

Mashed Potato Bowl with Dinner Roll  
OR  
Daily Chef Fresh Options  
**FEATURED VEGGIES**  
Mashed Potatoes with Gravy  
Fresh Baby Carrots  
Red Delicious Apple / Milk  
Day 6

Chicken Bruschetta on Rosemary Bread  
OR  
Daily Chef Fresh Options  
**FEATURED VEGGIES**  
Steamed Carrots  
Fresh Broccoli Florets  
Chilled Mixed Fruit / Milk  
Day 1



22

23

24

25

26

Burger Bar- Top your Freshly-made Beef Patty with your choice of Melty Cheese and toppings complimented by Crispy French Fries for a classic combo

Italian Dunkers with Marinara Dipping Sauce  
OR  
Daily Chef Fresh Options  
**FEATURED VEGGIES**  
Candied Sweet Potatoes  
Broccoli with Cheese Sauce  
Fresh Orange Wedges / Milk  
Day 2

Chicken Parmesan w/ Pasta & Garlic Breadstick  
OR  
Daily Chef Fresh Options  
**FEATURED VEGGIES**  
Three Bean Salad  
Fresh Carrots & Celery  
Chilled Applesauce  
Day 3

French Toast Slice with Oven Browned Sausage  
OR  
Daily Chef Fresh Options  
**FEATURED VEGGIES**  
Hash Brown Triangles  
Fresh Red Pepper Strips  
Fresh Orange Wedges / Milk  
Day 4

Mashed Potato Bowl with Dinner Roll  
OR  
Daily Chef Fresh Options  
**FEATURED VEGGIES**  
Mashed Potatoes with Gravy  
Fresh Romaine Salad  
Chilled Mixed Fruit / Milk  
Day 5

Macaroni & Cheese w/ Whole Wheat Bread  
OR  
Daily Chef Fresh Options  
**FEATURED VEGGIES**  
Steamed Mixed Vegetables  
Fresh Baby Carrots  
Chilled Pears / Milk  
Day 6



29

30

Smokehouse Grill- Hearty Sandwiches with choice of sides that will remind you of a backyard BBQ

Meatball Sub on Baguette Sandwich  
OR  
Daily Chef Fresh Options  
**FEATURED VEGGIES**  
Potato Wedges  
BBQ Baked Beans  
Red Delicious Apple / Milk  
Day 1

Toasted Cheese Sandwich  
OR  
Daily Chef Fresh Options  
**FEATURED VEGGIES**  
Creamy Tomato Soup  
Fresh Cucumber Slices  
Chilled Pineapple / Milk  
Day 2

