

Holy Family February 2017 Elementary Lunch

Food Service Director: Lori Frey
lfrey@berwickisd.org
570.759-6400 ex. 3111



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



Fresh Fruits and Vegetables Offered Daily

*Vegetables may include:

Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber

*May choose two 1/2 cup servings

*Fruits may include:

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce
*May choose one 1/2 cup serving



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

Proud to manage your
food service program



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

MENUS SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		2/1 Cheeseburger on a WG Bun Steamed Green Beans Tropical Fruit Low Fat or Fat Free Milk	2/2 Chicken Nuggets Whole Grain Bread Slice Baked Beans Sliced Peaches Low Fat or Fat Free Milk	2/3 Grilled Cheese & Tomato Soup Sweet Peas Applesauce Low Fat or Fat Free Milk	
2/6 Hot Ham & Cheese on a Pretzel Roll Steamed Corn Pineapple Tidbits Low Fat or Fat Free Milk	2/7 Chicken Patty on a WG Bun Seasoned Broccoli Blueberries Low Fat or Fat Free Milk	2/8 Beef & Cheese Tacos Carrot Coins Diced Pears Low Fat or Fat Free Milk	2/9 Italian Dunkers Steamed Green Beans Cinnamon Apple Slices Low Fat or Fat Free Milk	2/10 Fish Sticks Whole Grain Bread Slice Vegetarian Beans Mandarin Oranges Low Fat or Fat Free Milk	
2/13 Chicken Fajita Sweet Potato Fries Diced Pears Low Fat or Fat Free Milk	2/14 Spaghetti & Meat Sauce Whole Grain Bread Slice Steamed Broccoli Applesauce Low Fat or Fat Free Milk	2/15 Breaded Pork Patty Whole Grain Bread Slice Sweet Corn iced Peaches Low Fat or Fat Free Milk	2/16 Chicken Tenders Whole Grain Bread Slice Mixed Vegetables Tropical Fruit Low fat or Fat free Milk	2/17 Meatball Hoagie Baked Beans Mixed Fruit Low fat or Fat free Milk	
2/20 President's Day No School	2/21 Chicken & Noodle Casserole Whole Grain Bread Slice Steamed Broccoli Sliced Peaches Low Fat or Fat Free Milk	2/22 Grilled Ham & Cheese Vegetarian Beans Applesauce Low Fat or Fat free Milk	2/23 Sloppy Joe on a WG Bun Baked French Fries Mandarin Oranges Low Fat or Fat Free Milk	2/24 Macaroni & Cheese Whole Grain Bread Slice Stewed Tomatoes Pineapple Tidbits Low Fat or Fat Free Milk	
2/27 Popcorn Chicken Whole Grain Bread Slice Mashed Potatoes with Gravy Sliced Peaches Low Fat or Fat Free Milk	2/28 Pancakes & Sausage Tater Tots 100% Fruit juice Low fat Milk or Fat free Milk		 Whole Grains Available Daily		
					Lunch Prices: \$3.75