

Damascus Area School

December Menu

Food Service Director: Ryne Spaulding

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570-253-6083 Ext: 1



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*



Fresh Fruits & 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

Low Fat White

MENUS SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
	1 Hot Dog on a Roll French Fries Mandarin Oranges Low Fat Milk	2 Grilled Cheese Sandwich Tomato Soup Steamed Corn Apple Slices Low Fat Milk	3 Popcorn Chicken Bowl Slice Of Bread Mashed Potatoes Mix Fruit Low Fat Milk	4 Homemade Pizza Steamed Carrots Pears Low Fat Milk	<u>Monday</u> Ham & Cheese Hoagie
7 Chicken Nuggets Slice Of Bread French Fries Juicy Peaches Low Fat Milk	8 Macaroni and Cheese Slice Of Bread Steamed Broccoli Applesauce Low Fat Milk	9 Chicken Patty Sandwich Tater Tots Mandarin Oranges Low Fat Milk	10 Pierogies Steamed Carrots Fruit Cocktail Low Fat Milk	11 Pepperoni Pizza Steamed Peas Juicy Pears Low Fat Milk	<u>Tuesday</u> Turkey & Cheese Hoagie
14 Breaded Chicken Sandwich Steamed Green Beans Mandarin Oranges Low Fat Milk	15 <u>Taco Tuesday!</u> Crunch Beef Tacos Steamed Rice Refried Beans Peaches Low Fat Milk	16 Popcorn Chicken Bowl Slice Of Bread Mashed Potatoes Pears Low Fat Milk	17 Cheeseburger on a bun Steamed Carrots Applesauce Low Fat Milk	18 Homemade Pizza Steamed Broccoli Pineapple Tidbits Low Fat Milk	<u>Wednesday</u> Breaded Chicken Caesar Salad Slice Bread
21 Chicken Nuggets Slice Of Bread French Fries Juicy Peaches Low Fat Milk	22 Pasta with Meat Sauce Slice Of Bread Steamed Peas Pears Low Fat Milk	23 <u>Brunch For Lunch</u> Buttermilk Pancakes Sausage Patties Hash Browns Cinnamon Apple Slices Low Fat Milk	24	25 MERRY CHRISTMAS!	<u>Thursday</u> Buffalo Chicken Wrap
					<u>Friday</u> Italian Hoagie
					<u>Available Everyday</u> Peanut Butter and Jelly Sandwich
					 Whole Grains Available Daily
					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

Lunch Prices:

K-5 Paid \$2.60

6-8 Paid \$2.85

Reduced \$.40