

**JANUARY 2024**



# ST JOSEPH SCHOOL LUNCH MENU

## What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.  
**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 - 1% white, and fat-free chocolate

## Weekly Vegetable Subgroups May Include:

**Dark green** - spinach, broccoli, romaine and spring salad

**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers

**Beans/Peas**

**Starchy** - white potatoes, corn, and lima beans

**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

## Featured Fruit May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**LEAVE YOUR LUNCHBOX AT HOME!  
DAILY ALTERNATES.**

**Fresh Entree Salad of the Week**

## Nutritious Friends

**Look for our Nutritious Friend of the Month Served on the menu. This month is Quirky Quinoa!**

## Lunch Prices

Student \$3.50

Reduced \$.40

Adult \$4.50

## General Manager

Nathan Campbell 717-761-1116

## Kitchen Manager

Mike Heimbuch 717-766-2564

## Email

ma1082@metzcorp.com

## Monday

**1**

No School

## Taco Tuesday

**2**

No School

## Wednesday

**3**

Corn Dog  
or  
Mac N Cheese

**Featured Veggies:**  
Stewed Tomato  
Green Pepper Strips  
Featured Fruit  
Choice of Milk

## Thursday

**4**

Turkey & Cheese Melt  
On a Croissant  
or  
Popcorn Chicken Mashed  
Potato Bowl

**Featured Veggies:**  
Mashed Potato  
Steamed Corn  
Featured Fruit  
Choice of Milk

## Pizza Friday!

**5**

Cheese Pizza  
or  
Cheeseburger  
**Featured Veggies:**  
Diced Tomatoes  
Roasted Zucchini  
Featured Fruit  
Choice of Milk

**8**

Chicken Nuggets  
w/ Dinner Roll  
or  
Pierogies

**Featured Veggies:**  
Oven Fries  
Red Pepper Strips  
Featured Fruit  
Choice of Milk

**9**

Walking Taco  
w/ Roll  
or  
Hot Turkey and Cheese on a  
Pretzel Roll

**Featured Veggies:**  
Green Beans  
Caesar Salad  
Featured Fruit  
Choice of Milk

**10**

Hot Dog  
on a WG Roll  
or  
French Toast Sticks with  
Sausage Patty

**Featured Veggies:**  
Potato Triangle  
Green Pepper Strips  
Featured Fruit  
Choice of Milk

**11**

Toasted  
Cheese Sandwich  
or  
Chicken Patty Sandwich

**Featured Veggies:**  
Tomato Soup  
Corn Salad  
Featured Fruit  
Choice of Milk

**12**

Cheesy Pizza Sticks  
with dipping sauce  
or  
Pork BBQ  
On a Aloha Roll

**Featured Veggies:**  
Baked Potato  
Chick Pea Salad  
Featured Fruit  
Choice of Milk

**15**

No School

**16**

Nacho Grande With  
WG Pretzel Stick  
or  
Ribby Sandwich  
(Bennett K's Choice)

**Featured Veggies:**  
Baked Beans  
Cherry Tomatoes  
Featured Fruit  
Choice of Milk

**17**

Cheeseburger  
or  
Popcorn Chicken  
General Tso

**Featured Veggies:**  
Steamed Broccoli  
Carrot Sticks  
Featured Fruit  
Choice of Milk

**18**

MeatBall Sub  
or  
Mac N Cheese

**Featured Veggies:**  
Stewed Tomatoes  
Fresh Broccoli  
Featured Fruit  
Choice of Milk

**19**

Cheesy Pizza  
or  
Chicken Alfredo with  
Garlic Knot

**Featured Veggies:**  
Green Beans  
Cheesy Carrot Casserole  
Featured Fruit  
Choice of Milk

**22**

Chicken Nuggets  
w/ Buttered Noodles  
or

Corn Dogs  
**Featured Veggies:**  
Green Beans  
Side Salad  
Featured Fruit  
Choice of Milk

**23**

Walking Taco with  
WG Pretzel Stick  
or

Meatball Sub  
**Featured Veggies:**  
Baked Beans  
Lettuce & Tomato  
Featured Fruit  
Choice of Milk

**24**

Turkey & Cheese Melt  
On a Croissant  
or  
Popcorn Chicken Mashed  
Potato Bowl

**Featured Veggies:**  
Mashed Potato  
Steamed Corn  
Featured Fruit  
Choice of Milk

**25**

Chicken Nuggets  
w/ Dinner Roll  
or  
Pierogies

**Featured Veggies:**  
Oven Fries  
Red Pepper Strips  
Featured Fruit  
Choice of Milk

**26**

Cheesy Pizza Sticks  
with dipping sauce  
or  
Pork BBQ  
On a Aloha Roll

**Featured Veggies:**  
Roasted Sweet Potatoes  
Chick Pea Salad  
Featured Fruit  
Choice of Milk

**29**

Toasted  
Cheese Sandwich  
or  
Chicken Patty Sandwich

**Featured Veggies:**  
Tomato Soup  
Corn Salad  
Featured Fruit  
Choice of Milk

**30**

Nacho Grande  
With a whole Grain Roll  
or  
Ribby Sandwich

**Featured Veggies:**  
Baked Beans  
Cherry Tomatoes  
Featured Fruit  
Choice of Milk

**31**

Hot Dog  
on a WG Roll  
or  
French Toast Sticks with  
Sausage Patty

**Featured Veggies:**  
Potato Triangle  
Green Pepper Strips  
Featured Fruit  
Choice of Milk