

June 2025



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 Every Week or a Lunch Meat Sandwich

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

Lunch Prices
 Student \$3.50

Adult \$4.50

General Manager
 Mike Heimbuch 717-856-3074
Kitchen Manager
 Mike Heimbuch 717-766-2564
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 ma1082@metzcorp.com

Monday	Taco Tuesday	Wednesday	Thursday	Pizza Friday!
2 Chefs Choice or Chicken Nuggets Featured Veggies: Cucumbers Pepper Strips Featured Fruit Choice of Milk	3 Chefs Choice or Popcorn Chicken Featured Veggies: Carrots Pepper Strips Featured Fruit Choice of Milk	4 Chefs Choice or Chicken Nuggets Featured Veggies: Corn Cucumber Slices Featured Fruit Choice of Milk	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27