

Northern Cambria Catholic School Lunch Menu

December 2017-2018

DAILY LUNCH
OPTIONS :

- Monday**
Hamburger w/
Lettuce & Tomato
- Tuesday**
Chicken Nuggets
w/ Bread
- Wednesday**
Hot Dog
- Thursday**
Chicken Tenders
w/ Bread
- Friday**
Pizza

Option B

Available Daily:

Chef Salad w/ Dinner Roll
&
A variety of fresh fruits
and vegetables including
Fresh Baby Carrot Cups &
Broccoli Floret Cups

Menu Subject to Change

Milk Choices:
1% White
Low Fat Flavored

The Nutrition Group
Jharvey@ncsd.k12.pa.us

In accordance with Federal Law and U.S. Department of Agriculture policy, this Institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA Director, Office of Civil Rights at 1400 Independence Avenue, Washington DC 20250-9410 or call (800) 795 3272 or (202) 720 6382(TTY). USDA is an equal opportunity provider and employer.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
				1 Italian Panini Lettuce & Tomato Chicken Noodle Soup Mixed Vegetables Applesauce Low Fat Milk Option B Option C
4 Chicken Tenders w/ Macaroni & Cheese Seasoned Peas Diced Pears Low Fat Milk Option B Option C	5 Walking Taco w/ Tomato, Lettuce & Cheese Slice of WG Bread Steamed Corn Sliced Peaches Low Fat Milk Option B Option C	6 Chicken & Gravy Over Biscuit Mashed Potatoes & Gravy Applesauce Low Fat Milk Option B Option C	7 Pepperoni Roll w/ Marinara Sauce Tossed Salad Mixed Fruit Low Fat Milk Option B Option C	8 BBQ Pulled Pork Sandwich French Fries Baked Beans Pineapple Tidbits Low Fat Milk Option B Option C
11 Meatball Hoagie w/ Cheese Tater Tots Applesauce Low Fat Milk Option B Option C	12 Corn Dog on a Stick French Fries Baked Beans Mandarin Oranges Low Fat Milk Option B Option C	13 Breaded Chicken Sandwich Lettuce & Tomato Seasoned Green Beans Diced Pears Low Fat Milk Option B Option C	14 Holiday Dinner Glazed Honey Ham WG Dinner Roll Mashed Potatoes & Gravy Pineapple Tidbits Low Fat Milk Holiday Dessert Option C	15 Grilled Cheese Tomato Soup Seasoned Peas Sliced Peaches Low Fat Milk Option B Option C
18 French Toast Sticks Sausage Tater Tots Mixed Fruit Low Fat Milk Option B Option C	19 Nacho Grande w/ Salsa Lettuce, Tomato & Cheese Slice of WG Bread Steamed Corn Black Bean & Corn Salad Pineapple Tidbits Low Fat Milk Option B Option C	20 Popcorn Chicken Bowl Slice of WG Bread Mashed Potatoes & Gravy Applesauce Low Fat Milk Option B Option C	21 BBQ Rib Sandwich Tater Tots Diced Pears Low Fat Milk Option B Option C	22 NO SCHOOL
25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL

Option C



NORTHERN CAMBRIA SCHOOL DISTRICT OCTOBER **GLUTEN-FREE MENU**



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
2 Italian Dunkers On a GF Bread w/ Marinara Sauce OR Chef Salad w/ GF Bread Seasoned Peas Applesauce Low Fat Milk	3 Corn Maze K—4 Beef & Cheese Tacos w/ GF Bread OR Chef Salad w/ GF Bread Steamed Corn Mandarin Oranges Low Fat Milk	4 Italian Panini On GF Bread w/ Lettuce & Tomato OR Chef Salad w/ GF Bread Seasoned Carrots Sliced Peaches Low Fat Milk	5 GF Pasta w/ Meat Sauce w/ GF Bread OR Chef Salad w/ GF Bread Tossed Salad Mixed Fruit Low Fat Milk	6 BBQ Pulled Pork Sandwich on GF Bun OR Chef Salad w/ GF Bread French Fries Baked Beans Sliced Peas Low Fat Milk
9 Pack Lunch	10 GF Macaroni & Cheese GF Bread OR Chef Salad w/ GF Bread Steamed Peas Applesauce Low Fat Milk	11 GF Pizza OR Chef Salad w/ GF Bread Tater Tots Blueberries Low Fat Milk	12 GF Popcorn Chicken Bowl OR Chef Salad w/ GF Bread Mashed Potatoes & Gravy Apple Slices Low Fat Milk	13 Tex-Mex Cheese Burger on GF Bun OR Chef Salad w/ GF Bread French Fries Baked Beans Sliced Peaches Low Fat Milk
16 Baked Italian Hoagie w/ Lettuce & Tomato OR Chef Salad w/ GF Bread Tossed Salad Crisp Apple Low Fat Milk	17 Cheese Burger on GF Bun OR Chef Salad w/ GF Bread Steamed Peas Diced Pears Low Fat Milk	18 GF Chicken Nuggets w/ GF Bread OR Chef Salad w/ GF Bread French Fries Mixed Fruit Low Fat Milk	19 Beef & Cheese Taco Salad w/ Lettuce & Tomato OR Chef Salad w/ GF Bread Seasoned Corn Pineapple Tidbits Low Fat Milk	20 Grilled Cheese Sandwich on GF Bread OR Chef Salad w/ GF Bread Seasoned Green Beans Applesauce Apple Slices Low Fat Milk
23 Sloppy Joe on GF Bun OR Chef Salad w/ GF Bread French Fries Fresh Orange Low Fat Milk	24 Beef & Cheese Nachos w/ Cheese, Lettuce & Tomato OR Chef Salad w/ GF Bread Steamed Corn Refried Beans Sliced Peaches Low Fat Milk	25 Hot Turkey Sandwich On GF Bread w/ GF Bread OR Chef Salad w/ GF Bread Mashed Potatoes Pineapple Tidbits Low Fat Milk	26 GF Pasta & Meat Sauce w/ GF Bread OR Chef Salad w/ GF Bread Tossed Salad Crisp Apple Low Fat Milk	27 NO SCHOOL
30 Pizza Burger on GF Bun w/ Cheese OR Chef Salad w/ GF Bread French Fries Sliced Peaches Low Fat Milk	31 Hot Dog on GF Bun OR Chef Salad w/ GF Bread Seasoned Corn Baked Beans Diced Pears Low Fat Milk			

**Medical Statement
for Children with
Special Dietary
Needs**

Each special dietary request must be supported by a medical statement which explains the food substitution that is requested. It must be signed by a recognized medical authority. The statement must include:

- Identification of the medical condition which restricts the diet
- The food or foods to be omitted from the child's diet
- A list of allowable food substitutions

Please contact the Food Service Director if your child is in need of a special diet. Gluten-Free meals will only be made upon request. Procedures for requesting meals will be explained at that time.

BREAKFAST (DAILY)
Assorted
Gluten-Free Cereal w/ Toast,
Fruit & Milk
OR
Flavored Yogurt
w/ GF Toast, Fruit & Milk

- Approved Side Dishes: (unless otherwise noted)
- Fresh or canned fruit without added ingredients
 - Fresh or cooked vegetables without added ingredients
 - Approved Ketchup, Salad Dressing & Margarine
 - Milk—any variety

Food Service Director
Jennifer Harvey
814-948-2670
Jharvey@ncsd.k12.pa.us



Northern Cambria Catholic School Lunch Menu September 2017-2018

OFFICE COPY

Milk:

Chocolate

Fat Free White

1% white

Grade:

Name:

DAILY LUNCH
OPTIONS:
Monday
 Hamburger w/
 Lettuce & Tomato
Tuesday
 Chicken Nuggets
 w/ Bread
Wednesday
 Hot Dog
Thursday
 Chicken Tenders
 w/ Bread
Friday
 Pizza

OPTION B

OPTION C

Available Daily:
 Chef Salad w/ Dinner Roll

A variety of fresh fruits
 and vegetables including
 Fresh Baby Carrot Cups &
 Broccoli Floret Cups

Menu Subject to Change

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1% White
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<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
				1 Italian Panini w/ Lettuce & Tomato Steamed Peas Applesauce Low Fat Milk OPTION B OPTION C
4 NO SCHOOL	5 Popcorn Chicken Bowl Bread Mashed Potatoes & Gravy Diced Peaches Low Fat Milk OPTION B OPTION C	6 Nacho Grande w/ Salsa Lettuce & Tomato , Bread Steamed Corn Mixed Fruit Low Fat Milk OPTION B OPTION C	7 Spaghetti & Meat Sauce Dinner Roll Tossed Salad Sliced Pears Low Fat Milk OPTION B OPTION C	8 Western BBQ Cheese Burger French Fries Baked Beans Pineapple Tidbits Low Fat Milk OPTION B OPTION C
11 Italian Dunkers w/ Sauce Glazed Carrots Mandarin Oranges Low Fat Milk OPTION B OPTION C	12 Grilled Cheese Sandwich w/ Tomato Soup Steamed Green Beans Applesauce Low Fat Milk OPTION B OPTION C	13 French Toast & Sausage Tater Tots Sliced Peaches Low Fat Milk OPTION B OPTION C	14 Salisbury Steak Dinner Roll Mashed Potatoes & Gravy Mixed Fruit Low Fat Milk OPTION B OPTION C	15 Breaded Chicken Sandwich w/ Lettuce & Tomato French Fries Confetti Bean Salad Diced Peas Low Fat Milk OPTION B OPTION C
18 Corn Dog Steamed Peas Applesauce Sliced Pears Low Fat Milk OPTION B OPTION C	19 Beef & Cheese Tacos w/ Salsa, lettuce & Tomato Steamed Corn Refried Beans Apple Slices Low Fat Milk OPTION B OPTION C	20 General Tso Chicken Over Rice Steamed Broccoli Mandarin Oranges Low Fat Milk OPTION B OPTION C	21 Johnnie Marzetti Dinner Roll Tossed Salad Pineapple Tidbits Low Fat Milk OPTION B OPTION C	22 NO SCHOOL
25 Macaroni & Cheese Dinner Roll Glazed Carrots Sliced Pears Low Fat Milk OPTION B OPTION C	26 Hot Turkey Sandwich Mashed Potatoes & Gravy Applesauce Low Fat Milk OPTION B OPTION C	27 French Toast Sticks Sausage Tater Tots Pineapple Tidbits Low Fat Milk OPTION B OPTION C	28 Meatball Hoagie w/ cheese Tossed Salad Apple Slices Low Fat Milk OPTION B OPTION C	29 BBQ Rib Sandwich French Fries Baked Beans Mixed Fruit Low Fat Milk OPTION B OPTION C

Lunches are \$2.60. Reduced lunches are 40c. You may credit any lunches that were cancelled before 9:15am.
 Bagged lunches may purchase milk for 50c.