



LUNCH

OCTOBER 2016

Galeton Area School District

Food Service Director: Teri Sullivan
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Monday

3
Chicken Strips
Pretzels W/Cheese
Steamed Vegetables
Fresh Fruit
Cupped Fruit

No School

17
Sloppy Joes
Whole Grain Roll
Tator Tots
Fresh Fruit
Cucumbers
Dip

24
Sweet N Sour Chicken
Egg Roll
Rice
Fresh Fruit
HS
Honey Sriracha Chicken

31
Lasagna Roll Up
Bread Stick
Salad
Fresh Fruit
Apple Sauce
Alternate Mondays
Ham and Cheese

Tuesday

4
Chili W/Biscuit
Crackers
Fresh Fruit
Cucumbers W/Dip
Juice

11
Walking Tacos
LTC
Steamed Vegetables
Fresh Fruit

18
Hot Dog on WG Roll
Mac and Cheese
Fresh Vegetables
Fresh Fruit
Juice

25
Spaghetti W/Meat Sauce
Bread Stick
Steamed Broccoli
Fresh Fruit
Juice
Alternate Tuesdays
Turkey Deli Wrap

Wednesday

5
Chicken Patty
Sweet Potato or French Fries
Fresh Fruit
Apple Sauce

12
Cheeseburger on WG Roll
French Fries
Fresh Fruit
Fresh Vegetables
Juice

19
Turkey Hoagie
LTO
Sun Chips
Fresh Fruit
Fresh Vegetables

26
Bacon Cheeseburger
Sweet Potato or French Fries
Fresh Fruit
Fresh Vegetables
Alternate Wednesdays
Chicken Patty

Thursday

6
Grilled Cheese
Tomato Soup
Crackers
Mixed Vegetables
Fresh Fruit
Juice

13
Rotini Bake W/Cheese
Steamed Vegetables
Bread Stick
Fresh Fruit
Juice

20
Chicken Nuggets
Mashed Potatoes
Steamed Vegetables
Dinner Roll
Fresh Fruit
Juice

27
Ham and Cheese Croissant
Steamed Vegetables
Fresh Fruit
Juice
Alternate Thursdays
Buffalo Turkey Wrap

Friday

7
Pizza
Vegetable Sticks
Fresh Fruit
Dip
Garlic Pizza

14
Pizza
Salad
Celery Sticks
Fresh Fruit

21
Homemade Pizza
Celery and Carrot Sticks
Fresh Fruit
Cupped Fruit

28
Stuffed Crust Pizza
Salad
Dip
Fresh Fruit
Alternate Fridays
Salad

What Makes a Meal? You must choose at least 3 of 5 components available for the school lunch price. Choice of Meat or Meal Alternate, Choice of Vegetable, Choice of Fruit* Choice of Grain/Bread, And Choice of Milk. *Students must choose one fruit. Available Daily Fat Free Milk, PBJ, Salad Bar 7-12. Yogurt platter available with salads.