



Senior High School Selections

May Include:

- Hamburger/Cheeseburger
- Chicken Patty Sandwich
- Taco Bar
- Turkey Sandwich
- Italian Hoagie
- Deli Hoagies
- Deli Sandwich
- Paninis & Pizza
- Peanut Butter & Jelly**
- Available Daily**
- Assorted Gelatins & Puddings**



**CHOOSE TWO
NEW CONCEPT**

The students and faculty will be able to choose from a variety of sandwiches, wraps, salad, beverage, and a Apple. We continue to provide healthy choices and promote wellness.

Food Service Director
David Trotz
The Nutrition Group.
Phone: 814-533-5563
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- 1/2 NO SCHOOL
- 1/3 Chicken Fajitas Wrap OR Saucy Meatballs with Rice
- 1/4 Spaghetti with Meat Sauce OR BBQ PORK on Bun
- 1/5 Steak Sandwich Peppers/onions OR Turkey on Pita
- 1/6 Grilled Cheese Sandwich/Tomato Soup OR Fish Nuggets
- 1/9 Salisbury Steak OR Grilled Chicken Sandwich
- 1/10 Taco Salad OR Turkey Ranch Wrap
- 1/11 Pasta Bar OR Corn Dog Nuggets
- 1/12 Italian Dunkers OR Sloppy Joe
- 1/13 Bacon Cheese Burger OR Hot Dog
- 1/16 NO SCHOOL
- 1/17 NO SCHOOL
- 1/18 Popcorn Chicken OR Chili with Rice
- 1/19 Beef A Roni OR Chicken Rings
- 1/20 Macaroni and Cheese OR Deli Hoagie on Bun
- 1/23 Meatball Hoagie on Bun OR Corn Dog Nuggets
- 1/24 Mashed Potato Bowl OR Ham & Cheese Hoagie
- 1/25 Jamaican Pork OR Spicy Chicken Sandwich
- 1/26 BBQ Rib Sandwich OR Chicken Tenders
- 1/27 Fish Sandwich OR Grilled Cheese & Tomato Soup
- 1/30 Buffalo Chicken Sandwich OR Turkey Hoagie
- 1/31 Sloppy Joe on Bun OR Chicken Nuggets

Each entrée served with choice of bread, vegetable, fruit and low fat milk. Fresh Fruit & Fresh Vegetable varieties available daily. All ground meat items may contain a combination of ground beef and turkey.



**MONDAY & THURSDAY
HAND TOSSED PIZZA
SALADS AVAILABLE DAILY**



**Available daily:
Assorted Cereal w/ Toast**

Daily Specialties:

- Monday:** Pancakes w/ Syrup
- Tuesday:** Scrambled Eggs
- Wednesday:** Croissant Sandwich
- Thursday:** French Toast
- Friday:** Breakfast Pizza

**Breakfast is served with choice of Fruit,
100% Fruit Juice and 1% Milk**

Breakfast Price

Paid \$.80 Reduced \$0.30

All menu items are subject to change.

We offer 1% White, Skim,
and Low Fat flavored milk daily.



Additional nutritious beverages are
available ala carte.

Eat Heart Smart! Top your healthy
salad or sandwich with low fat condi-
ments. Nutrition, Inc. offers a low fat
dressing daily and prepares mayon-
naise based food items with low fat
mayonnaise on a regular basis.

Greater Johnstown High School Lunch Menu January 2012

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
1/2 NO SCHOOL	1/3 CHICKEN FAJITAS WRAP OR SAUCY MEATBALLS W/RICE 1/2 C. GREEN BEANS 1/2 C. PEARS 8 oz. 1% FLAVORED MILK	1/4 SPAGHETTI W/MEAT SAUCE/ DINNER ROLL OR BBQ PORK ON BUN 1/2 C. TOSS SALAD 1/2 C. PEACHES 8 oz. 1% FLAVORED MILK	1/5 STEAK SANDWICH ONION & PEPPERS OR TURKEY PITA 1/2 C. POTATO WEDGES 1/2 C. MIXED FRUIT 8 oz. 1% FLAVORED MILK	1/6 GRILLED CHEESE SANDWICH W/ TOMATO SOUP OR FISH NUGGETS 1/2 C. CARROTS 1/2 C. APPLE SAUCE 8 oz. 1% FLAVORED MILK
1/9 SALSURY STEAK/BREAD OR GRILLED CHICKEN SANDWICH 1/2 C. TOSS SALAD 1/2 C. PEACHES 8 oz. 1% FLAVORED MILK	1/10 TACO SALAD WITH DINNER ROLL OR TURKEY RANCH WRAP 1/2 C. GREEN BEANS 1/2 C. PEARS 8 oz. 1% FLAVORED MILK	1/11 PASTA BAR OR CORN DOG NUGGETS 1/2 C. CORN 1/2C. ASSORTED FRUIT 8 oz. 1% FLAVORED MILK	1/12 ITALIAN DUNKERS OR SLOPPY JOE ON BUN 1/2 C. CARROTS 1/2 C. PEACHES 8 oz. 1% FLAVORED MILK	1/13 BACON CHEESE BURGER OR HOT DOG ON BUN 1/2 C. PEAS 1/2 C. ASSORTED FRUIT 8 oz. 1% FLAVORED MILK
1/16 NO SCHOOL	1/17 NO SCHOOL	1/18 CHILI W/ RICE DINNER ROLL OR POPCORN CHICKEN 1/2 C. TOSS SALAD 1/2 C. PEACHES 8 oz. 1% FLAVORED MILK	1/19 BEEF A RONI WITH DINNER ROLL OR CHICKEN RINGS 1/2 C. SALAD/HOUSE DRESSING 1/2 C. RED DELIOUS APPLE 8 oz. 1% FLAVORED MILK	1/20 MACARONI & CHEESE OR DELI HOAGIE 1/2 C. CARROTS 1/2 C. APPLE SAUCE 8 oz. 1% FLAVORED MILK
1/23 MEATBALL HOAGIE OR CORN DOG NUGGETS 1/2 C. PEAS 1/2 C. APPLE SAUCE 8 oz. 1% FLAVORED MILK	1/24 MASHED POTAO BOWL OR HAM & CHEESE HOAGIE 1/2 C. CARROT AND CELERY STICKS 1/2 C. PEACHES 8 oz. 1% FLAVORED MILK	1/25 JAMACAIN PORK W/ RICE OR SPICY CHICKEN SANDWICH 1/2 C. Tator tots 1/2 C Assorted Fruit 8 oz. 1% FLAVORED MILK	1/26 BBQ RIB ON BUN OR CHICKEN TENDERS W/ DINNER ROLL 1/2 C. CARROTS 1/2 C. APPLE SAUCE 8 oz. 1% FLAVORED MILK	1/27 GRILLED CHEESE & TOMATO SOUP OR FISH SANDWICH 1/2 C. POTATO WEDGES 1/2 C. ASSORTED FRUIT 8 oz. 1% FLAVORED MILK
1/30 BUFFALO CHICKEN SANDWICH OR TURKEY HOAGIE 1/2 C. TOSS SALAD 1/2 C. PEACHES 8 oz. 1% FLAVORED MILK	1/31 CHICKEN NUGGETS OR SLOPPY JOE ON BUN 1/2 C. Tator tots 1/2 C. assorted fruit 8 oz. 1% FLAVORED MILK			