



GREATER JOHNSTOWN MIDDLE SCHOOL LUNCH MENU

January 2012



Additional Daily Elementary Selections

Monday

Chicken Patty on Bun

Tuesday

Hamburger/
Cheeseburger on Bun

Wednesday

Deli Hoagie

Thursday

Turkey Club Sandwich

Friday

Pizza
(also at the middle school)

Peanut Butter & Jelly
Available Daily

Assorted Gelatins and
Puddings Are Available



www.gotoinutrition.com

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<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
1/2 No SCHOOL	1/3 NACHOS AND CHEESE/ DINNER ROLL OR BBQ PORK SANDWICH 1/2 C. GREEN BEANS 1/2 C. ASSORTED FRUIT 8 oz. 1% FLAVORED MILK	1/4 PASTA BAR/ DINNER ROLL OR CHICKEN RINGS/DINNER ROLL 1/2 C. TOSS SALAD 1/2 C. PEACHES 8 oz. 1% FLAVORED MILK	1/5 WALKING TACO/ SLICE OF BREAD OR TUNA SALAD PITA 1/2 C. CORN 1/2 C. PEARS 8 oz. 1% FLAVORED MILK	1/6 MACARONI AND CHEESE W/ DINNER ROLL OR MEATBALL HOAGIE ON BUN 1/2 C. STEWED TOMATOES 1/2 C. ASSORTED FRUIT 8 oz. 1% FLAVORED MILK
1/9 <u>PRETZEL ROD DAY</u> HOT DOG ON BUN OR CHEESE BURGER ON BUN 1/2 C. PEAS 1/2 C. FRUIT COCTAIL 8 oz. 1% FLAVORED MILK	1/10 BBQ RIB SANDWICH /BUN OR HAM AND CHEESE SANDWICH 1/2 C. POTATO WEDGES 1/2 C. HOT SPICED APPLES 8 oz. 1% FLAVORED MILK	1/11 BEEF A RONI WITH DINNER ROLL OR CHICKEN PATTY ON BUN 1/2 C. GREEN BEANS 1/2 C. FRESH FRUIT 8 oz. 1% FLAVORED MILK	1/12 TURKEY RANCH WRAP OR MEATBALL HOAGIE 1/2 C. VEGGIE STIX / DIP 1/2 C. PEARS 8 oz. 1% FLAVORED MILK	1/13 GRILLED CHEESE SANDWICH W/ TOMATO SOUP OR DELI HOAGIE 1/2 C. CARROTS 1/2 C. APPLE SAUCE 8 oz. 1% FLAVORED MILK
1/16 No SCHOOL	1/17 No SCHOOL	1/18 HAM POT PIE W/ DINNER ROLL OR CHICKEN NUGGETS W/ DINNER ROLL 1/2 C. PEAS 1/2 C. APPLE SAUCE 8 oz. 1% FLAVORED MILK	1/19 SALISBURY STEAK/DINNER ROLL OR POPCORN CHICKEN 1/2 C. MASHED POTATOES/GRAVY 1/2 C. PINEAPPLES 8 oz. 1% FLAVORED MILK	1/20 GRILLED CHEESE SANDWICH W/ TOMATO SOUP OR BBQ PORK ON BUN 1/2 C. CARROTS 1/2 C. ASSORTED FRUIT 8 oz. 1% FLAVORED MILK
1/23 STEAKUM W/PEPPERS AND ONIONS ON BUN OR TURKEY & CHEESE HOAGIE 1/2 C. GREEN BEANS 1/2 C. MIXED FRUIT 8 oz. 1% FLAVORED MILK	1/24 HAM AND CHEESE WRAP/ OR CHICKEN NUGGETS 1/2 C. CARROTS 1/2 C. FRESH FRUIT 8 oz. 1% FLAVORED MILK BIRTHDAY CAKE DAY!	1/25 SPAGHETTI WITH MEAT SAUCE/DINNER ROLL OR CHICKEN QUESADILLA 1/2 C. SALAD/HOUSE DRESSING 1/2 C. RED DELIOUS APPLE 8 oz. 1% FLAVORED MILK	1/26 ITALIAN DUNKERS OR TURKEY AND CHEESE SANDWICH 1/2 C. CORN 1/2 C. PEACHES 8 oz. 1% FLAVORED MILK	1/27 FISH ON BUN OR MEATBALL HOAGIE 1/2 C. TATOR TOTS 1/2 C. ASSORTED FRUIT 8 oz. 1% FLAVORED MILK
1/30 MASHED POTATO BOWL OR DELI HOAGIE 1/2 C. CORN 1/2 C. MIXED FRUIT 8 oz. 1% FLAVORED MILK	1/31 TURKEY W/ GRAVY OVER BREAD OR ITALIAN HOAGIE 1/2 C. MASHED POTATOES 1/2 C. PEACHES 8 oz. 1% FLAVORED MILK			

**Additional Daily Middle & Senior High School Selections May Include:
Hamburger / Cheeseburger-Chicken Patty Sandwich-Pizza**