

Dunmore Elementary May Lunch Menu

Food Service Director: Amy Costanzo
costanzoa@dunmoreshooldistrict.net
570.558.1090



What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

*Vegetables may include:

Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber

*May choose two 1/2 cup servings

*Fruits may include:

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce

*May choose one 1/2 cup serving

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

Lunch Prices:

Paid \$2.10

Reduced \$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
1 Hot Ham and Cheese on a Pretzel Bun Steamed Corn Mixed Fruit Low Fat Milk	2 Brunch for Lunch French Toast w/ Sausage and Syrup Tator Tots Pineapple Tidbits Low Fat Milk	3 Meatball and Mozz Hoagie Carrot Coins Pineapple Tidbits Low Fat Milk	4 Chicken Stir-Fry Over Rice Sliced Bread Broccoli Sliced Peaches Low Fat Milk	5 Taco Pizza Peas Applesauce Low Fat Milk	Monday Chicken Nuggets with Sliced Bread Assorted Sandwiches and Salads PB and J
8 Steak and Cheese Hoagie Broccoli Mandarin Orange Slices Low Fat Milk	9 Beef Taco Salad with Lettuce, Tomato, Shredded Cheese, and Rice Corn Sliced Peaches Low Fat Milk	10 Milk Matters Day! Mac and Cheese w/ Bread Stewed Tomatoes Mixed Fruit Low Fat Milk Yogurt Parfait with Lunch Today!	11 Open Face Turkey Sandwich with Gravy Mashed Potatoes Pineapple Tidbits Low Fat Milk	12 Buffalo Chicken Pizza Peas Applesauce Low Fat Milk	Tuesday Hot Dog on a Bun Assorted Sandwiches and Salads PB and J
15 BBQ Rib on a Bun Broccoli Mandarin Orange s Low Fat Milk	16 Brunch for Lunch! French Toast Sticks with Sausage and Syrup Tator Tots Mandarin Oranges Low Fat Milk	17 Cheesy Chicken Nachos w/Sliced Bread Corn Pineapple Tidbits Low Fat Milk Wellness Wednesday	18 Braided Pork Chop with Gravy Sweet Potatoes Mixed Fruit Cup Low Fat Milk	19 Sausage Pizza Peas Applesauce Low Fat Milk	Wednesday Cheesy Italian Dunkers with Dipping Sauce Assorted Sandwiches and Salads PB and J
22 Sloppy Joe on a Bun Oven Baked French Fries Mandarin Oranges Low Fat Milk	23 Pasta with Meat Sauce and Whole Wheat Bread Green Beans/Tossed Salad Sliced Pears Low Fat Milk	24 Hot Wing Hoagie Mixed Vegetables Sliced Peaches Low Fat Milk	25 Grilled Cheese with Tomato Soup Carrot Coins Mixed Fruit Cup Low Fat Milk	26 TRACK AND FIELD DAY FAMILY COOK OUT! 	Thursday: Popcorn chicken Friday: Cheese burger
29 NO SCHOOL TODAY 	30 Beef Taco Salad with Lettuce, Tomato, Shredded Cheese, and Rice Refried Beans Sliced Peaches Low Fat Milk	31 Buck-Town Snack Wrap French Fries Pineapple Tidbits Low Fat Milk	1 Roasted Pork with Gravy and Sliced Bread Mashed Potatoes with Gravy Mixed Fruit Low Fat Milk	2 White Pizza Green Beans Apple Sauce Low Fat Milk	The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE