



Menus for  
**January 2024**

**SCASD Elementary Schools**

**YEAR OF THE DRAGON**

**HELP WANTED**

Looking for a job with family-friendly hours?

SCASD Food Services has part time positions available.  
\$16.75 per hour

**Call 814-231-5095**



MAKING NEW YEAR'S RESOLUTIONS IS A COMMON ACTIVITY AT THIS TIME OF YEAR. THE BEST RESOLUTIONS (OR GOALS) ARE **SPECIFIC, REALISTIC, AND CAN BE MEASURED**. ASK YOURSELF THESE QUESTIONS: WHAT DO I WANT TO DO? WITH HARD WORK AND PERSISTENCE, WILL I BE ABLE TO DO IT? HOW WILL I KNOW WHEN I AM DONE? **GOOD LUCK ACHIEVING YOUR GOALS THIS YEAR!**

A LUNCH AT SCHOOL INCLUDES FIVE COMPONENTS: VEGETABLE, FRUIT, MEAT/MEAT ALTERNATE, BREAD/GRAIN, AND MILK.

STUDENTS CHOOSE AN ENTREE THAT IS PLANNED TO INCLUDE THE MEAT/MEAT ALTERNATE AND BREAD/GRAIN COMPONENTS.

TO COMPLETE THE MEAL, STUDENTS MAY CHOOSE ONE SERVING OF FRUIT, ALL OF THE VEGETABLES THAT THEY CARE TO EAT, AND A SERVING OF LOW-FAT OR FAT FREE MILK.

FEATURED FRUITS AND VEGETABLES ARE LISTED ON THE MENU BUT ADDITIONAL CHOICES ARE OFFERED EACH DAY. STUDENTS CAN ALWAYS FIND FRUITS AND VEGETABLES THAT THEY LIKE TO EAT.


STUDENTS WILL BE ASKED TO SELECT ADDITIONAL FOOD ITEMS IF AT LEAST THREE COMPONENTS ARE NOT SELECTED OR IF THEY DO NOT CHOOSE AT LEAST ONE-HALF CUP OF FRUIT OR VEGETABLE.

WHEN DESSERT IS OFFERED, STUDENTS MAY SELECT IT IN ADDITION TO THE FIVE MEAL COMPONENTS.

**Monday, January 1**

**No School Today**

**CELEBRATE AT SCHOOL!**



[www.scasd.org/schoolmeals](http://www.scasd.org/schoolmeals)  
Click on the Birthday Basket link.

**Tuesday, January 2**

Breakfast: Mini Cinnis, Fruit and Juice Choices & Milk

Today's Entree Choices  
1. Chicken Nuggets & Soft Pretzel  
2. Warm Cheese Pretzel

Featured Veggie & Fruit Sides  
Sweet Steamed Corn  
Crisp Baby Carrots  
Chilled Pears

**Wednesday, January 3**

Breakfast: Whole Grain Frudel, Fruit and Juice Choices & Milk

Today's Entree Choices  
1. Italian Dunkers  
2. Deli Turkey Sandwich

Featured Veggie & Fruit Sides  
Fresh Veggies  
Roasted Ranch Chickpeas  
Peach Cup

**Thursday, January 4**

Breakfast: Cinnamon Coffee Cake, Fruit and Juice Choices & Milk

Today's Entree Choices  
1. Walking Taco  
2. Black Bean Dip & Chips

Featured Veggie & Fruit Sides  
Cucumber Slices  
Sweet Pepper Strips  
Pineapple

Dessert: Cinnamon Churro

**Friday, January 5**

Breakfast: Mini French Toast, Fruit and Juice Choices & Milk

Today's Entree Choices  
1. Chicken Parmesan & Penne  
2. French Bread Pizza

Featured Veggie & Fruit Sides  
Crisp Broccoli  
Baby Carrots  
Fresh Apple Slices

**Comes with COW JUICE**



Every complete meal served includes your choice of low-fat white or fat-free chocolate milk.

**Menus Are Subject To Change**

Purchasing food and supplies for the school kitchens continues to be challenging this year. Substitutions may be needed from time to time. Menu changes are also often needed in response to weather related school closures. We will do our best to keep you informed of significant changes. We appreciate your patience.

**Monday, January 8**

Breakfast: Mini Cinnis, Fruit and Juice Choices & Milk

Today's Entree Choices  
1. Chicken Nuggets & Dinner Roll  
2. Hummus & Seasoned Flatbread

Featured Veggie & Fruit Sides  
Steamed Sweet Peas  
Crunchy Baby Carrots  
Sweet Applesauce

**Tuesday, January 9**

Breakfast: Banana Bread, Fruit and Juice Choices & Milk

Today's Entree Choices  
1. Mrs. T's Pierogies & Roll  
2. Grilled Chicken Salad\* & Roll  
\*can be requested w/o meat

Featured Veggie & Fruit Sides  
Roasted Broccoli  
Cool Cucumbers Slices  
Strawberry Cup

**Wednesday, January 10**

Breakfast: Raspberry Pastry, Fruit and Juice Choices & Milk

Today's Entree Choices  
1. Cheeseburger  
2. Impossible Burger

Featured Veggie & Fruit Sides  
Baked Beans  
Carrots & Celery  
Fresh Apple Slices

Dessert: Baked Lays Chips

**Thursday, January 11**

Breakfast: Blueberry Muffin, Fruit and Juice Choices & Milk

Today's Entree Choices  
1. Chicken Patty Sandwich  
2. Cheesy Lasagna & Bread Stick

Featured Veggie & Fruit Sides  
Steamed Green Beans  
Sweet Pepper Strips  
Juicy Fresh Pineapple

**Friday, January 12**

Breakfast: Mini Waffles, Fruit and Juice Choices & Milk

Today's Entree Choices  
1. Sloppy Joe Sandwich  
2. French Bread Pizza

Featured Veggie & Fruit Sides  
Sweet Potato Fries  
Crisp Broccoli  
Peach Cup

**Payments to Student Accounts:** Payments are not accepted at the elementary schools. If you wish to add funds to a student's account, please pay on-line at [www.myschoolbucks.com](http://www.myschoolbucks.com) or mail checks to: SCASD FSD, 653 Westerly Parkway, State College, PA 16801. Make checks payable to SCASD FSD. **Lunch: 2.75 Breakfast: FREE Milk: \$.70 Extra Entree: \$2.25 Fruit/Veg: \$.85**

**GIANT ROUND UP**

GIANT customers can round up at the register from now through March to help their local public schools eliminate childhood hunger.

Monday, January 15

No School Today

Tuesday, January 16

No School Today

Wednesday, January 17

Breakfast: Whole Grain Frudel,  
Fruit and Juice Choices & Milk

Today's Entree Choices

1. Popcorn Chicken & Roll
2. Yogurt Parfait & Roll

Featured Veggie & Fruit Sides

Baked Potato  
Crisp Baby Carrots  
Mandarin Oranges



Thursday, January 18

Breakfast: Cinnamon Coffee Cake,  
Fruit and Juice Choices & Milk

Today's Entree Choices

1. Big Daddy's Pizza
2. Deli Turkey Sandwich

Featured Veggie & Fruit Sides

Cucumber Slices  
Celery Sticks  
Strawberry Cup

Dessert: Grahams

Friday, January 19

Breakfast: Mini French Toast,  
Fruit and Juice Choices & Milk

Today's Entree Choices

1. Pasta, Meatballs & String Cheese
2. French Bread Pizza

Featured Veggie & Fruit Sides

Crisp Broccoli  
Sweet Pepper Strips  
Sweet Melon

## ★ OUR NATION'S HISTORY ★

The National Foundation for Infantile Paralysis was created by President Franklin Roosevelt on January 3, 1938 to fight the disease polio. Funded originally through donations from wealthy celebrities, the NFIP could not raise enough money to meet the needs of the thousands of American children who became ill and disabled by polio. A joke that suggested that everyone could help by sending dimes to the president resulted in 2,680,000 dimes flooding the White House. These dimes funded research to develop the polio vaccine used to end the disease. This is how the NFIP's name was changed to the March of Dimes and why the U.S. dime includes Roosevelt's image. The March of Dimes still exists today, focusing its work on healthy mothers and babies.



★ WITH LIBERTY & JUSTICE FOR ALL ★

# NATIONAL COMPLIMENT DAY January 24

Both giving and getting compliments boosts your own confidence and happiness. So look for the best in others and be generous sharing praise!

Monday, January 22

Breakfast: Mini Cinnis,  
Fruit and Juice Choices & Milk

Today's Entree Choices

1. Chicken Nuggets & Soft Pretzel
2. Warm Cheese Pretzel Sandwich

Featured Veggie & Fruit Sides

Steamed Corn  
Baby Carrots  
Chilled Peaches

Tuesday, January 23

Breakfast: Banana Bread,  
Fruit and Juice Choices & Milk

Today's Entree Choices

1. Hot Dog (turkey & beef)
2. Grilled Chicken Salad\* & Roll  
\*can be requested w/o meat

Featured Veggie & Fruit Sides

Baked Beans Cucumber Slices  
Sweet Apple Slices

Dessert - Baked Lays Chips

Wednesday, January 24

Breakfast: Raspberry Pastry,  
Fruit and Juice Choices & Milk

Today's Entree Choices

1. Roasted Chicken & Roll
2. Impossible Burger

Featured Veggie & Fruit Sides

Sweet Potato Fries  
Crisp Broccoli  
Applesauce

Thursday, January 25

Breakfast: Blueberry Muffin,  
Fruit and Juice Choices & Milk

Today's Entree Choices

1. Fish Sticks w/ Mac & Cheese
2. Chex Cereal, Grahams & Yogurt

Featured Veggie & Fruit Sides

Cucumber Slices  
Sweet Pepper Strips  
Juicy Orange Slices

Friday, January 26

Breakfast: Mini Waffles,  
Fruit and Juice Choices & Milk

Today's Entree Choices

1. Buffalo Chicken Dip & Chips
2. Pizza Munchie Lunch

Featured Veggie & Fruit Sides

Celery Sticks  
Cherry Tomatoes  
Sweet Grapes

## Don't miss FREE BREAKFAST for every student, every day!

Monday, January 29

Breakfast: Mini Cinnis,  
Fruit and Juice Choices & Milk

Today's Entree Choices

1. Chicken Nuggets & Roll
2. Hummus & Seasoned Flatbread

Featured Veggie & Fruit Sides

French Fries  
Baby Carrots  
Sweet Apples

Tuesday, January 30

Breakfast: Banana Bread,  
Fruit and Juice Choices & Milk

Today's Entree Choices

1. Big Daddy's Pizza
2. Grilled Chicken Salad\* & Roll

Featured Veggie & Fruit Sides

Crisp Broccoli  
Cucumber Slices  
Sweet Melon

Wednesday, January 31

Breakfast: Whole Grain Fruit Frudel,  
Fruit and Juice Choices & Milk

Today's Entree Choices

1. Chicken Cheesesteak
2. Grilled Cheese Sandwich

Featured Veggie & Fruit Sides

Creamy Tomato Soup  
Carrot & Celery Sticks  
Pineapple

Dessert: Goldfish Crackers

Thursday, February 1

Breakfast: Cinnamon Coffee Cake,  
Fruit and Juice Choices & Milk

Today's Entree Choices

1. Pancakes & Yogurt
2. Ham, Egg & Cheese Croissant

Featured Veggie & Fruit Sides

Oven Browned Potatoes  
Sweet Pepper Strips  
Juicy Orange Slices

Friday, February 2

Breakfast: Mini French Toast,  
Fruit and Juice Choices & Milk

Today's Entree Choices

1. BBQ Chicken & Corn Bread
2. French Bread Pizza

Featured Veggie & Fruit Sides

Cowboy Bean Salad  
Cherry Tomatoes  
Chilled Pears

The part of the plant referred to as the potato grows underground and serves as a nutrient store for the plant. Three thousand varieties of potatoes are grown in the United States, but only 100 are grown regularly. Each type of potato has its own unique color, taste, shape, and texture. Most potatoes have white flesh but can also be purple and pink. Potatoes are a great source of vitamin C and potassium.

