

Menus for September 2022



Mt Nittany and Park Forest Middle Schools

Lunch - \$2.95 Breakfast - \$2.00 Milk - \$.70

AVAILABLE EVERY DAY!

ON ALL LINES

ENTREES

Yogurt Parfait
Smuckers PB&J Uncrustable

VEGETABLES

Crisp Baby Carrots
Assorted Fresh Vegetables
Hummus (M)
Tossed Green Salad (T-F)

Tuesday, August 23

Main Line Choices

Popcorn Chicken & Roll
Grilled Cheese Sandwich

Hot Sandwich Choices

Chicken Sandwich Cheese Pretzel
Hamburger Cheeseburger

Featured Veggie & Fruit Sides

Baked Potato Pepper Strips
Crisp Apples
Dessert: Cookie

Wednesday, August 24

Main Line Choices

Italian Dunkers
Deli Turkey Sub

Hot Sandwich Choices

Chicken Sandwich Veggie Burger
Hamburger Cheeseburger

Featured Veggie & Fruit Sides

Crisp Cucumbers
Assorted Fresh Vegetables
Watermelon

Thursday, August 25

Main Line Choices

Big Daddy's Pizza
Pasta, Meatballs & Breadstick

Hot Sandwich Choices

Chicken Sandwich Hot Dog
Hamburger Cheeseburger

Featured Veggie & Fruit Sides

Tossed Salad
Assorted Fresh Vegetables
Peach Cup

Friday, August 26

No School Today

JOIN OUR TEAM

**Looking for a job with
family-friendly hours?**

SCASD Food Services has
part time positions available.
\$15.95/hr.
Call for information.

814-231-5095

Monday, August 29

Main Line Choices

Popcorn Chicken & Biscuit
Sloppy Joe & Chips

Hot Sandwich Choices

Chicken Sandwich Veggie Burger
Hamburger Cheeseburger

Featured Veggie & Fruit Sides

Baked Potato
Crisp Celery
Apple Slices

Tuesday, August 30

Main Line Choices

Chicken Cheese Steak
Toasted Italian Sub

Hot Sandwich Choices

Chicken Sandwich Cheese Pretzel
Hamburger Cheeseburger

Featured Veggie & Fruit Sides

French Fries
Sweet Pepper Strips
Fresh Pineapple Cup

Wednesday, August 31

Main Line Choices

Walking Tacos
Black Bean Dip & Chips

Hot Sandwich Choices

Chicken Sandwich Veggie Burger
Hamburger Cheeseburger

Featured Veggie & Fruit Sides

Harner Farm Corn on the Cob
Assorted Fresh Vegetables
Sweet Melon

Thursday, September 1

Main Line Choices

Macaroni & Cheese w/ Roll
Meatball Sub

Hot Sandwich Choices

Chicken Sandwich Cheese Pretzel
Hamburger Cheeseburger

Featured Veggie & Fruit Sides

Broccoli Cherry Tomatoes
Chilled Pears
Dessert: Whole Fruit Sorbet

Friday, September 2

Main Line Choices

Big Daddy's Pizza
Lasagna & Breadstick

Hot Sandwich Choices

Chicken Sandwich Hot Dog
Hamburger Cheeseburger

Featured Veggie & Fruit Sides

Tossed Salad
Assorted Fresh Vegetables
Applesauce

Payments to Student Accounts

Federal funding that school food service programs received over the past two school years to provide free meals to all students has not been extended. Families are required to pay for their students' meals this year. If your family could use help, visit scasd.org/schoolmeals for information and to apply for free or reduced price school meals. A family of 4 with a household income of \$51,338 or less will be eligible for help.

Middle School students can present cash or checks to a cafeteria cashier for the purpose of depositing the full amount into their cafeteria account. -Change will not be given. Payments can also be made on-line at MySchoolBucks.com or mailed to: SCASD FSD, 653 Westerly Parkway, State College, PA 16801. When mailing a payment, please include the name of the student(s) for whom the check is intended, the school(s) they attend, and a phone number in case of questions. Make checks payable to SCASD FSD.

Students will never be denied a meal for lack of funds but will not be allowed to purchase extra items on credit.

Prices

- Full Lunch - \$2.95 Full Breakfast - \$2.00
- Lunch Entrees - \$2.25 Breakfast Entrees - \$1.65-2.25
- Fruit - \$.85 Bread Items - \$.85
- Vegetables - \$.85 - \$1.25
- Snack/Desserts - \$.85-\$2.00
- Water/Juice - \$1.00-\$1.50 Milk - \$.70

Snack and extra food purchases will not be allowed without sufficient funds to pay for them.

BREAKFAST

available in the school lobby/commons each morning

Choose 1 Entree (Counts as 2 items)

Fresh Bakeshop Muffins(M/W/F) and Bagels (T/Th)

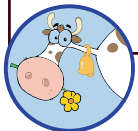
Mini Cinnis (M/W/F) Pumpkin & Banana Bread (T/Th)

Whole Grain Poptarts Assorted Cereal

Choose 1 Fruit & 1 Juice

Choose 1 Low Fat White or Fat Free Chocolate Milk

You may decline items that you do not want but must take 3 items total, one of which must be fruit or juice.



Every meal includes a choice of milk.

facebook.com/scasdschoolmeals



pay online - review transactions
myschoolbucks.com



Monday, September 5



NO SCHOOL TODAY

Tuesday, September 6

Main Line Choices

Spicy Ciabatta Grilled Cheese Sandwich
BBQ Pulled Pork Sandwich

Hot Sandwich Choices

Chicken Sandwich Cheese Pretzel
Hamburger Cheeseburger

Featured Veggie & Fruit Sides

Sweet Potato Fries Craisins

Dessert: Baked Chips

Wed., September 7

Main Line Choices

Italian Dunkers
Deli Turkey Sub

Hot Sandwich Choices

Chicken Sandwich Veggie Burger
Hamburger Cheeseburger

Featured Veggie & Fruit Sides

Baked Potatoes Crisp Cucumbers

Peach Cup

Thursday, September 8

Main Line Choices

Broccoli Cheddar Soup & Baguette
White Chicken Chili & Baguette

Hot Sandwich Choices

Chicken Sandwich Cheese Pretzel
Hamburger Cheeseburger

Featured Veggie & Fruit Sides

Caprese Salad Broccoli
Bananas

Friday, September 9

Main Line Choices

Big Daddy's Pizza
Chicken Alfredo & Breadstick

Hot Sandwich Choices

Chicken Sandwich Hot Dog
Hamburger Cheeseburger

Featured Veggie & Fruit Sides

Assorted Fresh Vegetables
Sweet Melon

Monday, September 12

Main Line Choices

General Tso's Chicken & Rice
Pepperoni French Bread Pizza

Hot Sandwich Choices

Chicken Sandwich Veggie Burger
Hamburger Cheeseburger

Featured Veggie & Fruit Sides

Roasted Broccoli Crisp Celery
Fresh Apple Slices

Tuesday, September 13

Main Line Choices

Chicken Cordon Bleu Sandwich
Toasted Turkey Sub

Hot Sandwich Choices

Chicken Sandwich Cheese Pretzel
Hamburger Cheeseburger

Featured Veggie & Fruit Sides

French Fries Sweet Pepper Strips
Chilled Pears

Wed., September 14

Main Line Choices

Buffalo Dip & Chips
Ham & Cheese Croissant

Hot Sandwich Choices

Chicken Sandwich Veggie Burger
Hamburger Cheeseburger

Featured Veggie & Fruit Sides

Baked Potatoes+ Mandarin Oranges
Dessert: Cookie

Thursday, September 15

Main Line Choices

2 Soft Tacos
Cheese Quesadilla

Hot Sandwich Choices

Chicken Sandwich Cheese Pretzel
Hamburger Cheeseburger

Featured Veggie & Fruit Sides

Steamed Corn Cherry Tomatoes
Fresh Pineapple

Friday, September 16

Main Line Choices

Big Daddy's Pizza
Chicken Parmesan w/ Penne & Brdstk

Hot Sandwich Choices

Chicken Sandwich Hot Dog
Hamburger Cheeseburger

Featured Veggie & Fruit Sides

Assorted Fresh Vegetables
Sweet Melon

Monday, September 19

Main Line Choices

Popcorn Chicken & Roll
Grilled Cheese Sandwich

Hot Sandwich Choices

Chicken Sandwich Veggie Burger
Hamburger Cheeseburger

Featured Veggie & Fruit Sides

Tomato Soup Juicy Oranges

Dessert: Goldfish Crackers

Tuesday, September 20

Main Line Choices

French Toast & Sausage
Breakfast Croissant Sandwich

Hot Sandwich Choices

Chicken Sandwich Cheese Pretzel
Hamburger Cheeseburger

Featured Veggie & Fruit Sides

Hashbrowns Sweet Pepper Strips

Cantaloupe

Wed., September 21

Main Line Choices

Italian Dunkers
Deli Turkey Sub

Hot Sandwich Choices

Chicken Sandwich Veggie Burger
Hamburger Cheeseburger

Featured Veggie & Fruit Sides

Crisp Cucumbers Tossed Salad

Chilled Peaches

Thursday, September 22

Main Line Choices

Broccoli Cheddar Soup & Baguette
Chili & Baguette

Hot Sandwich Choices

Chicken Sandwich Cheese Pretzel
Hamburger Cheeseburger

Featured Veggie & Fruit Sides

Baked Potatoes Crisp Broccoli

Bananas

Friday, September 23

Main Line Choices

Big Daddy's Pizza
Pasta, Meatballs & Breadstick

Hot Sandwich Choices

Chicken Sandwich Hot Dog
Hamburger Cheeseburger

Featured Veggie & Fruit Sides

Assorted Fresh Vegetables

Apple Slices

Monday, September 26

Main Line Choices

Popcorn Chicken & Roll
Sloppy Joe & Corn Chips

Hot Sandwich Choices

Chicken Sandwich Veggie Burger
Hamburger Cheeseburger

Featured Veggie & Fruit Sides

Baked Potato Crisp Celery

Applesauce

Tuesday, September 27

Main Line Choices

Chicken Cheese Steak
Toasted Italian Sub

Hot Sandwich Choices

Chicken Sandwich Cheese Pretzel
Hamburger Cheeseburger

Featured Veggie & Fruit Sides

French Fries Sweet Pepper Strips

Chilled Pears

Wed., September 28

Main Line Choices

Walking Tacos
Black Bean Dips & Chips

Hot Sandwich Choices

Chicken Sandwich Veggie Burger
Hamburger Cheeseburger

Featured Veggie & Fruit Sides

Steamed Corn Crisp Cucumbers

Fresh Pineapple Cup

Thursday, September 29

Main Line Choices

Macaroni & Cheese w/ Roll
Meatball Sub

Hot Sandwich Choices

Chicken Sandwich Cheese Pretzel
Hamburger Cheeseburger

Featured Veggie & Fruit Sides

Cherry Tomatoes Apple Slices

Dessert: Whole Fruit Sorbet

Friday, September 30

Main Line Choices

Big Daddy's Pizza
Cheesy Lasagna & Bread Stick

Hot Sandwich Choices

Chicken Sandwich Hot Dog
Hamburger Cheeseburger

Featured Veggie & Fruit Sides

Assorted Fresh Vegetables

Chilled Peaches

What Makes a Lunch?

SELECT 3-5 ITEMS



one must be a

FRUIT or VEGGIE

Students may choose one of the featured entrees that include the protein and grain components of the meal. To complete their meal, students choose one serving of fruit, one or two servings of vegetables, and a serving of 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 may decline items that they do not want but must choose at least 3 food items with 1 of those being a fruit or vegetable.

When a dessert is offered, students may select it in addition to the five meal components.

Snacks available in the Mt Nittany and Park Forest Middle School cafeterias meet USDA Smart Snack rules and the SCASD Wellness Policy. To help encourage good choices, middle school students are limited to only one extra snack purchase per day and can only purchase snacks if they have funds available in their account. Parents are welcome to add additional restrictions by contacting the cafeteria manager at their child's school.

Menus Are Subject To Change

Our suppliers have told us to expect shortages and disruptions to food and supply orders for at least the start of this school year. We promise to do our best to serve the menu as advertised. But, we may have to make substitutions from time to time. We appreciate your understanding!