

# OCTOBER 2018

## Huntingdon Area Middle School Lunch Menu

### MONDAY

1  
Chicken Nuggets  
Dipping Sauces  
W.G. Roll with Margarine  
OR Rib E Que Sandwich  
Steamed Broccoli  
Grape Tomatoes  
Choice of Fruit  
OR Yogurt Parfait

8

**PROFESSIONAL DEVELOPMENT DAY**  
No School For Learners

15  
Crispy Coated Chicken  
W.G. Roll and Margarine  
OR Cheeseburger on Bun  
Whole Kernel Corn  
Broccoli w/Dip  
Choice of Fruit  
OR Italian Deli Sandwich

22

**ACT 80 DAY**  
No School For Learners

29  
Chicken Patty Sandwich  
OR Pulled Pork Sandwich  
Baked Beans  
Fresh Vegetable  
Choice of Fruit  
OR Personal Pizza

### TUESDAY

2  
Hot Dog on Bun  
OR Meat & Cheese Nachos  
Baked Beans  
Sauerkraut  
Choice of Fruit  
OR Yogurt Parfait

9  
Soft Taco on Tortilla Shell  
OR Shredded Lettuce & Cheese  
OR Spicy Buffalo Crunchers  
Whole Kernel Corn  
Grape Tomatoes  
Choice of Fruit  
OR Chicken Patty on Bun

16  
Cheeseburger Sub with Onions & Peppers  
OR Spicy Buffalo Crunchers  
French Fries  
Baby Carrots  
Choice of Fruit  
OR Italian Deli Sandwich

23  
Mini Corn Dogs  
OR Meat & Cheese Nachos  
Baked Beans  
Broccoli w/Dip  
Choice of Fruit  
OR Chicken Patty on Bun

30  
Taco with Corn Tortilla Chips  
OR Pulled Pork Sandwich  
Whole Kernel Corn  
Grape Tomatoes  
Choice of Fruit  
OR Personal Pizza

### WEDNESDAY

3  
Oven Roasted Chicken  
W.G. Roll and Margarine  
OR Rib E Qus Sandwich  
Whole Kernel Corn  
Baby Carrots  
Choice of Fruit  
OR Yogurt Parfait

10  
Brunch Lunch  
Cheese Omelet  
Waffles with Syrup and Margarine  
OR Hamburger on Bun  
Hash Brown Potatoes  
Choice of Fruit  
OR Lunch Salad w/Chicken

17  
Pasta with Meat Sauce  
Parmesan Cheese  
Bread Stick  
OR W.G. PBJ Sandwich  
Green Salad Mix/Dressings  
Choice of Fruit  
OR Trix Yogurt, Belly Bears & Cherrios

24  
Chicken in Gravy over Biscuit  
OR Meat & Cheese Nachos  
Seasoned Peas  
Grape Tomatoes  
Choice of Fruit  
OR Lunch Salad w/Chicken

31  
Chicken Fajita on Flour Tortilla Shell  
Onions & Peppers, Salsa  
OR Pulled Pork Sandwich  
Steamed Broccoli  
Sliced Cucumber  
Choice of Fruit  
OR Personal Pizza

### THURSDAY

4  
Cheeseburger Sub with Onions & Peppers  
OR Rib E Que Sandwich  
French Fries  
Sliced Cucumbers  
Choice of Fruit  
OR Yogurt Parfait

11  
Popcorn Chicken  
Gold Fish Cracker  
OR Meat & Cheese Nachos  
Baked Beans  
Green Salad Mix with Dressings  
Choice of Fruit  
OR Lunch Salad w/Chicken

18  
Meat and Cheese OR Tuna and Cheese Hoagie  
OR Meat & Cheese Nachos  
Grape Tomatoes OR Coleslaw  
Apple Crisp  
OR Choice of Fruit  
OR Trix Yogurt, Belly Bears & Cherrios

25  
Ham and Scalloped Potatoes  
Bread and Margarine  
OR Chicken Patty on Bun  
Green Beans  
Baby Carrots  
Choice of Fruit  
OR Lunch Salad w/Chicken

### FRIDAY

5  
Pizza - Cheese OR Pepperoni  
OR Chicken Patty Sandwich  
Green Beans  
Green Salad w/Dressings  
Choice of Fruit  
OR Yogurt Parfait

12  
Breaded Mozzarella Cheese Sticks w/Sauce  
Bread & Margarine  
OR Meat & Cheese Nachos  
California Blend  
Baby Carrots  
Choice of Fruit  
OR Lunch Salad w/Chicken

19  
Pizza - Cheese OR Pepperoni  
OR Meat & Cheese Nachos  
Baked Beans  
Sliced Cucumbers  
Choice of Fruit  
OR Trix Yogurt, Belly Bears & Cherrios

26  
Cheese Stuffed Bread Stick  
w/Marinara Sauce  
OR Chicken Patty on Bun  
Whole Kernel Corn  
Green Salad Mix/Dressings  
Choice of Fruit  
OR Lunch Salad w/Chicken

### School News

#### Pricing

Elementary Lunch - \$ 2.90  
Adult Staff Lunch - \$ 3.60  
Reduced Lunch - \$ .40  
Extra Milk - \$ .50

#### Lunch Meal Deal

Choice of:

- Entree w/Bread Product
- Choose at Least 1 Fruit and/or Vegetable
- Choice of Chilled Milk (Low Fat White, Chocolate, Strawberry, Vanilla or Fat Free White)

#### Hungry?

Take All Five Items

But - Don't Forget.....

Take at least ONE Fruit or Vegetable  
And at least THREE items total so your meal counts as a complete lunch.

#### How to Reach Us:

Margaret McNitt

Food Service Director

at (814) 641-2190 or

[mmcnitt@huntsd.org](mailto:mmcnitt@huntsd.org)

Menus subject to change without notice due to market conditions and school closings. Due to unforeseen circumstances, substitutions may be necessary from time to time.

Need a pick me up in the Morning?  
BREAKFAST available each regular school day morning in the cafeteria

### DID YOU KNOW...

October comes from the Latin word "octo" which means eight.