

April  
2024



# DuBois SCHOOL DISTRICT ELEMENTARY LUNCH MENU



### What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price  
**Minimum of 1/2 cup serving of fruit or a minimum of 1/2 cup serving of vegetable must accompany a reimbursable lunch**  
 Meat or meat alternative  
 Choice of Vegetable  
 Choice of Fruit  
 Grain/Bread  
 Choice of Milk - 1% white, and fat-free chocolate

### Weekly Vegetable Subgroups May Include:

**Dark Green** - spinach, broccoli, romain and spring salad  
**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers  
**Beans/Peas**  
**Starchy** - White potatoes, corn, and lima beans  
**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

### Daily Fruit Selection May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges

Vegetable / Fruit  
of the  
Month



## Monday

1

Looking for a Job?  
Scan here



## Tuesday

2

2 Crunchy Beef Tacos  
 or  
 Cheesy Hotdog  
 or  
**PBJ Uncrustable Craveable**  
**Featured Veggies:**  
 Baked Beans  
 Lettuce & Tomato Cup  
 Choice of Fruit / Choice of Milk

## Wednesday

3

Chicken Patty  
 on a roll  
 or  
 Fish Sticks w/ roll  
 or  
**PBJ Uncrustable Craveable**  
**Featured Veggies:**  
 French Fries  
 Fresh Broccoli  
 Choice of Fruit / Choice of Milk

## Thursday

4

Pierogies  
 or  
 BBQ Ham on a Roll  
 or  
**PBJ Uncrustable Craveable**  
**Featured Veggies:**  
 Grape Tomatoes  
 Cole slaw  
 Choice of Fruit / Choice of Milk

## Friday

5

Cheese Pizza  
**Staff Specialty Pizza**  
 or  
 Fruit & Yogurt Parfait  
 or  
**PBJ Uncrustable Craveable**  
**Featured Veggies:**  
 Garden Salad  
 Steamed Broccoli  
 Choice of Fruit / Choice of Milk

8

Popcorn Chicken  
 w/ Dinner roll  
 or  
 Cheeseburger  
 on a roll  
**PBJ Uncrustable Craveable**  
**Featured Veggies:**  
 French Fries  
 Fresh Broccoli  
 Choice of Fruit / Choice of Milk

9

Walking Taco  
 or  
 Lasagna w/ Garlic Bread  
 or  
**PBJ Uncrustable Craveable**  
**Featured Veggies:**  
 Baked Beans  
 Cucumber Slices  
 Choice of Fruit / Choice of Milk

10

French Toast Sticks  
 w/ Sausage Links  
 or  
 Chicken Nuggets  
 or  
**PBJ Uncrustable Craveable**  
**Featured Veggies:**  
 Celery Sticks  
 Tater Tots  
 Choice of Fruit / Choice of Milk

11

Meatballs & Gravy  
 over Noodles  
 or  
 Hotdog  
 or  
**PBJ Uncrustable Craveable**  
**Featured Veggies:**  
 Mashed Potatoes w/ gravy  
 Cherry Tomatoes  
 Choice of Fruit / Choice of Milk

12

Pepperoni Pizza  
**Staff Specialty Pizza**  
 or  
 Buffalo Chicken Dip  
 w/ Tortilla Chips  
**PBJ Uncrustable Craveable**  
**Featured Veggies:**  
 Buttered Diced Carrots  
 Cole Slaw  
 Choice of Fruit / Choice of Milk

15

Italian Dunkers  
 w/ dipping sauce  
 or  
 Pizza Craveable  
 or  
**PBJ Uncrustable Craveable**  
**Featured Veggies:**  
 Red Pepper Strips  
 Buttered Corn  
 Choice of Fruit / Choice of Milk

16

2 Beef Tacos  
 on Soft Tortilla Shell  
 or  
 Chicken Nuggets w/ roll  
 or  
**PBJ Uncrustable Craveable**  
**Featured Veggies:**  
 Baked Beans  
 Lettuce & Tomato Cup  
 Choice of Fruit / Choice of Milk

17

Spaghetti  
 w/ meatballs  
 or  
 Baked Italian Hoagie  
 or  
**PBJ Uncrustable Craveable**  
**Featured Veggies:**  
 Garden Salad  
 Baby Carrots  
 Choice of Fruit / Choice of Milk

18

Toasted  
 Cheese Sandwich  
 or  
 Steak & Cheese Hoagie  
 or  
**PBJ Uncrustable Craveable**  
**Featured Veggies:**  
 Tomato Soup  
 Cucumber Slices  
 Choice of Fruit / Choice of Milk

19

Pepperoni Roll w/ sauce  
**Staff Specialty Pizza**  
 or  
 Fruit & Yogurt Parfait  
 or  
**PBJ Uncrustable Craveable**  
**Featured Veggies:**  
 Cole Slaw  
 Steamed Broccoli  
 Choice of Fruit / Choice of Milk

22

Chicken Tenders  
 with a Dinner Roll  
 or  
 Pizza Burgers  
 or  
**PBJ Uncrustable Craveable**  
**Featured Veggies:**  
 French Fries  
 Celery Sticks  
 Choice of Fruit / Choice of Milk

23

Nacho Grande  
 w/ Meat & Cheese  
 or  
 BBQ Chicken & Cheese Wrap  
 or  
**PBJ Uncrustable Craveable**  
**Featured Veggies:**  
 Baked Beans  
 Cucumber Slices  
 Choice of Fruit / Choice of Milk

24

Cheese Stick Dippers  
 w/ dipping sauce  
 or  
 Fish Sticks  
 or  
**PBJ Uncrustable Craveable**  
**Featured Veggies:**  
 Steamed Broccoli  
 Garden Salad  
 Choice of Fruit / Choice of Milk

25

Chicken Patty  
 on a Roll  
 or  
 Sloppy Joe  
 or  
**PBJ Uncrustable Craveable**  
**Featured Veggies:**  
 French Fries  
 Cauliflower Florets  
 Choice of Fruit / Choice of Milk

26

Pepperoni Pizza  
**Staff Specialty Pizza**  
 or  
 Fruit & Yogurt Parfait  
 or  
**PBJ Uncrustable Craveable**  
**Featured Veggies:**  
 Garden Salad  
 Grape Tomatoes  
 Choice of Fruit / Choice of Milk

29

Popcorn Chicken Bowl  
 or  
 Turkey & Cheese Hoagie  
 or  
**PBJ Uncrustable Craveable**  
**Featured Veggies:**  
 Fresh Cauliflower  
 Baby Carrots  
 Choice of Fruit / Choice of Milk

30

Waffles & Sausage  
 or  
 Cheeseburger on a Roll  
 or  
**PBJ Uncrustable Craveable**  
**Featured Veggies:**  
 Tater Tots  
 Cherry Tomatoes  
 Choice of Fruit / Choice of Milk

1

Mac & Cheese  
 or  
 Hot Ham & Cheese on Pretzel Roll  
 or  
**PBJ Uncrustable Craveable**  
**Featured Veggies:**  
 Cucumber Slices  
 Baked Beans  
 Choice of Fruit / Choice of Milk

2

Chicken and Gravy  
 over Biscuit  
 or  
 Meatball Hoagie  
 or  
**PBJ Uncrustable Craveable**  
**Featured Veggies:**  
 Mashed Potatoes w/ gravy  
 Cole Slaw  
 Choice of Fruit / Choice of Milk

3

Cheese Pizza  
**Staff Specialty Pizza**  
 or  
 Fruit & Yogurt Parfait  
 or  
**PBJ Uncrustable Craveable**  
**Featured Veggies:**  
 Garden Salad  
 Cucumber Slices  
 Choice of Fruit / Choice of Milk

### Students 1 Free Lunch Daily

Students must have cash or money on account for any extras

Adult \$4.75

[www.schoolcafe.com](http://www.schoolcafe.com) For Online Cafeteria Payments

General Manager

Tom Koscienski

Phone Number

814.371.1016

Email: [ma1073@metzcorp.com](mailto:ma1073@metzcorp.com)

USDA is an equal opportunity provider and employer.