

**October  
2023**



**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 a 1/2 cup of vegetable must accompany a reimbursable lunch**  
Meat or meat alternate  
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, romaine 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

**LEVEL UP WITH SCHOOL LUNCH**

**Featured Fruit or Vegetable of the Month**

Students 1 Free Lunch Daily  
**Students must have cash or money on account for any extras**  
Adult  
[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.

| Monday   | Tuesday  | Wednesday  | Thursday   | Pizza Friday!  |
|--|--|--|--|--|
| <p><b>2</b></p> <p>Chicken Tenders with a Dinner Roll or<br/>Corn Dog Nuggets or<br/><b>PBJ Uncrustable Craveable</b></p> <p><b>Featured Veggies:</b><br/>Tater Tots<br/>Baby Carrots<br/>Choice of Fruit / Choice of Milk</p>                   | <p><b>3</b></p> <p>2 Crunchy Beef Tacos or<br/>Cheesy Hotdog or<br/><b>PBJ Uncrustable Craveable</b></p> <p><b>Featured Veggies:</b><br/>Baked Beans<br/>Lettuce &amp; Tomato Cup<br/>Choice of Fruit / Choice of Milk</p>                           | <p><b>4</b></p> <p>Chicken Patty on a roll or<br/>Fish Sticks w/ roll or<br/><b>PBJ Uncrustable Craveable</b></p> <p><b>Featured Veggies:</b><br/>French Fries<br/>Fresh Broccoli<br/>Choice of Fruit / Choice of Milk</p>                       | <p><b>5</b></p> <p>Pierogies with a Dinner Roll or<br/>BBQ Ham on a Roll or<br/><b>PBJ Uncrustable Craveable</b></p> <p><b>Featured Veggies:</b><br/>Grape Tomatoes<br/>Cole slaw<br/>Choice of Fruit / Choice of Milk</p>           | <p><b>6</b></p> <p>Pepperoni Pizza or<br/>Fruit &amp; Yogurt Parfait or<br/><b>PBJ Uncrustable Craveable</b></p> <p><b>Featured Veggies:</b><br/>Garden Salad<br/>Cheesy Broccoli<br/>Choice of Fruit / Choice of Milk</p>         |
| <p><b>9</b></p> <p>Popcorn Chicken Bowl w/ Dinner roll or<br/>Cheeseburger on a roll<br/><b>PBJ Uncrustable Craveable</b></p> <p><b>Featured Veggies:</b><br/>Grape Tomatoes<br/>Fresh Broccoli<br/>Choice of Fruit / Choice of Milk</p>         | <p><b>10</b></p> <p>Walking Taco w/ dinner roll or<br/>Lasagna w/ Garlic Bread or<br/><b>PBJ Uncrustable Craveable</b></p> <p><b>Featured Veggies:</b><br/>Baked Beans<br/>Cucumber Slices<br/>Choice of Fruit / Choice of Milk</p>                  | <p><b>11</b></p> <p>French Toast Sticks w/ Sausage Links or<br/>Chicken Nuggets w/ Roll or<br/><b>PBJ Uncrustable Craveable</b></p> <p><b>Featured Veggies:</b><br/>Celery Sticks<br/>Tater Tots<br/>Choice of Fruit / Choice of Milk</p>        | <p><b>12</b></p> <p><b>TEACHER<br/>IN SERVICE<br/>DAY<br/>NO<br/>SCHOOL</b></p>  | <p><b>13</b></p> <p>Looking for employment scan here</p>   |
| <p><b>16</b></p> <p>Italian Dunkers w/ dipping sauce or<br/>Mini Ravioli w/ dinner roll or<br/><b>PBJ Uncrustable Craveable</b></p> <p><b>Featured Veggies:</b><br/>Red Pepper Strips<br/>Buttered Corn<br/>Choice of Fruit / Choice of Milk</p> | <p><b>17</b></p> <p>2 Beef Tacos on Soft Tortilla Shell or<br/>Chicken Nuggets w/ roll or<br/><b>PBJ Uncrustable Craveable</b></p> <p><b>Featured Veggies:</b><br/>Baked Beans<br/>Lettuce &amp; Tomato Cup<br/>Choice of Fruit / Choice of Milk</p> | <p><b>18</b></p> <p>Spaghetti w/ meatballs or<br/>Hot Ham &amp; Cheddar on Flatbread or<br/><b>PBJ Uncrustable Craveable</b></p> <p><b>Featured Veggies:</b><br/>Garden Salad<br/>Baby Carrots<br/>Choice of Fruit / Choice of Milk</p>          | <p><b>19</b></p> <p>Toasted Cheese Sandwich or<br/>Steak &amp; Cheese Hoagie or<br/><b>PBJ Uncrustable Craveable</b></p> <p><b>Featured Veggies:</b><br/>Tomato Soup<br/>Cole Slaw<br/>Choice of Fruit / Choice of Milk</p>          | <p><b>20</b></p> <p>Cheese Pizza or<br/>Fruit &amp; Yogurt Parfait or<br/><b>PBJ Uncrustable Craveable</b></p> <p><b>Featured Veggies:</b><br/>Sliced Cucumbers<br/>Broccoli &amp; Cheese<br/>Choice of Fruit / Choice of Milk</p> |
| <p><b>23</b></p> <p>Chicken Tenders with a Dinner Roll or<br/>Pizza Craveable or<br/><b>PBJ Uncrustable Craveable</b></p> <p><b>Featured Veggies:</b><br/>Celery Sticks<br/>French Fries<br/>Choice of Fruit / Choice of Milk</p>                | <p><b>24</b></p> <p>Nacho Grande with a Dinner Roll or<br/>Cheeseburger or<br/><b>PBJ Uncrustable Craveable</b></p> <p><b>Featured Veggies:</b><br/>Baked Beans<br/>Cucumber Slices<br/>Choice of Fruit / Choice of Milk</p>                         | <p><b>25</b></p> <p>Cheese Stick Dippers w/ dipping sauce or<br/>Corn Dog or<br/><b>PBJ Uncrustable Craveable</b></p> <p><b>Featured Veggies:</b><br/>Steamed Broccoli<br/>Garden Salad<br/>Choice of Fruit / Choice of Milk</p>                 | <p><b>26</b></p> <p>Chicken Patty on a Roll or<br/>Sloppy Joe or<br/><b>PBJ Uncrustable Craveable</b></p> <p><b>Featured Veggies:</b><br/>Cauliflower Florets<br/>Tater Tots<br/>Choice of Fruit / Choice of Milk</p>                | <p><b>27</b></p> <p>Pepperoni Pizza or<br/>Fruit &amp; Yogurt Parfait or<br/><b>PBJ Uncrustable Craveable</b></p> <p><b>Featured Veggies:</b><br/>Garden Salad<br/>Grape Tomatoes<br/>Choice of Fruit / Choice of Milk</p>         |
| <p><b>30</b></p> <p>Popcorn Chicken Bowl w/ dinner roll or<br/>Turkey &amp; Cheese Hoagie or<br/><b>PBJ Uncrustable Craveable</b></p> <p><b>Featured Veggies:</b><br/>Buttered Corn<br/>Baby Carrots<br/>Choice of Fruit / Choice of Milk</p>    | <p><b>Halloweenies on a Roll</b><br/>or<br/><b>Chicken Finger Nubs</b><br/>or<br/><b>PBJ Uncrustable Craveable</b></p> <p><b>Featured Veggies:</b><br/>Tater Fingers Stubs<br/>Cherry Eyeball Tomatoes<br/>Choice of Fruit / Choice of Milk</p>      | <p><b>1</b></p> <p>Mac &amp; Cheese w/ dinner roll or<br/>Hot Ham &amp; Cheese on Pretzel Roll or<br/><b>PBJ Uncrustable Craveable</b></p> <p><b>Featured Veggies:</b><br/>Baby Carrots<br/>Baked Beans<br/>Choice of Fruit / Choice of Milk</p> | <p><b>2</b></p> <p>Chicken and Gravy over Biscuit or<br/>Meatball Hoagie or<br/><b>PBJ Uncrustable Craveable</b></p> <p><b>Featured Veggies:</b><br/>Mashed Potatoes w/ gravy<br/>Cole Slaw<br/>Choice of Fruit / Choice of Milk</p> | <p><b>3</b></p> <p>Cheese Pizza or<br/>Fruit &amp; Yogurt Parfait or<br/><b>PBJ Uncrustable Craveable</b></p> <p><b>Featured Veggies:</b><br/>Garden Salad<br/>Cucumber Slices<br/>Choice of Fruit / Choice of Milk</p>            |