

September  
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

**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>28</b> Chicken Tenders with a Dinner Roll or Corn Dog Nuggets or <b>PBJ Uncrustable Craveable</b> <b>Featured Veggies:</b> Tater Tots Baby Carrots Choice of Fruit / Choice of Milk</p>	<p><b>29</b> 2 Crunchy Beef Tacos or Cheesy Hotdog or <b>PBJ Uncrustable Craveable</b> <b>Featured Veggies:</b> Baked Beans Lettuce &amp; Tomato Cup Choice of Fruit / Choice of Milk</p>	<p><b>30</b> Chicken Patty on a roll or Fish Sticks w/ roll or <b>PBJ Uncrustable Craveable</b> <b>Featured Veggies:</b> French Fries Fresh Broccoli Choice of Fruit / Choice of Milk</p>	<p><b>31</b> Pierogies with a Dinner Roll or BBQ Ham on a Roll or <b>PBJ Uncrustable Craveable</b> <b>Featured Veggies:</b> Grape Tomatoes Cole slaw Choice of Fruit / Choice of Milk</p>	<p><b>1</b> Pepperoni Pizza or Fruit &amp; Yogurt Parfait or <b>PBJ Uncrustable Craveable</b> <b>Featured Veggies:</b> Garden Salad Cheesy Broccoli Choice of Fruit / Choice of Milk</p>
<p><b>4</b> </p>	<p><b>5</b> Walking Taco w/ dinner roll or Lasagna w/ Garlic Bread or <b>PBJ Uncrustable Craveable</b> <b>Featured Veggies:</b> Baked Beans Cucumber Slices Choice of Fruit / Choice of Milk</p>	<p><b>6</b> French Toast Sticks w/ Sausage Links or Chicken Nuggets w/ Roll or <b>PBJ Uncrustable Craveable</b> <b>Featured Veggies:</b> Celery Sticks Tater Tots Choice of Fruit / Choice of Milk</p>	<p><b>7</b> Meatballs &amp; Gravy over Noodles or Hotdog or <b>PBJ Uncrustable Craveable</b> <b>Featured Veggies:</b> Mashed Potatoes Baby Carrots Choice of Fruit / Choice of Milk</p>	<p><b>8</b> Pepperoni Roll w/ dipping sauce or Fruit &amp; Yogurt Parfait or <b>PBJ Uncrustable Craveable</b> <b>Featured Veggies:</b> Buttered Corn Garden Salad Choice of Fruit / Choice of Milk</p>
<p><b>11</b> Italian Dunkers w/ dipping sauce or Mini Ravioli w/ dinner roll or <b>PBJ Uncrustable Craveable</b> <b>Featured Veggies:</b> Red Pepper Strips Buttered Corn Choice of Fruit / Choice of Milk</p>	<p><b>12</b> 2 Beef Tacos on Soft Tortilla Shell or Chicken Nuggets w/ roll or <b>PBJ Uncrustable Craveable</b> <b>Featured Veggies:</b> Baked Beans Lettuce &amp; Tomato Cup Choice of Fruit / Choice of Milk</p>	<p><b>13</b> Spaghetti w/ meatballs or Hot Ham &amp; Cheddar on Flatbread or <b>PBJ Uncrustable Craveable</b> <b>Featured Veggies:</b> Garden Salad Baby Carrots Choice of Fruit / Choice of Milk</p>	<p><b>14</b> Toasted Cheese Sandwich or Steak &amp; Cheese Hoagie or <b>PBJ Uncrustable Craveable</b> <b>Featured Veggies:</b> Tomato Soup Cole Slaw Choice of Fruit / Choice of Milk</p>	<p><b>15</b> Cheese Pizza or Fruit &amp; Yogurt Parfait or <b>PBJ Uncrustable Craveable</b> <b>Featured Veggies:</b> Sliced Cucumbers Broccoli &amp; Cheese Choice of Fruit / Choice of Milk</p>
<p><b>18</b> Chicken Tenders with a Dinner Roll or Pizza Craveable or <b>PBJ Uncrustable Craveable</b> <b>Featured Veggies:</b> Buttered Corn French Fries Choice of Fruit / Choice of Milk</p>	<p><b>19</b> Nacho Grande with a Dinner Roll or Cheeseburger or <b>PBJ Uncrustable Craveable</b> <b>Featured Veggies:</b> Baked Beans Cucumber Slices Choice of Fruit / Choice of Milk</p>	<p><b>20</b> Cheese Stick Dippers w/ dipping sauce or Corn Dog or <b>PBJ Uncrustable Craveable</b> <b>Featured Veggies:</b> Steamed Broccoli Garden Salad Choice of Fruit / Choice of Milk</p>	<p><b>21</b> Pancake &amp; Sausage on a Stick or Sloppy Joe or <b>PBJ Uncrustable Craveable</b> <b>Featured Veggies:</b> Cauliflower Florets Tater Tots Choice of Fruit / Choice of Milk</p>	<p><b>22</b> Pepperoni Pizza or Fruit &amp; Yogurt Parfait or <b>PBJ Uncrustable Craveable</b> <b>Featured Veggies:</b> Garden Salad Grape Tomatoes Choice of Fruit / Choice of Milk</p>
<p><b>25</b> Popcorn Chicken Bowl w/ dinner roll or Turkey &amp; Cheese Hoagie or <b>PBJ Uncrustable Craveable</b> <b>Featured Veggies:</b> Buttered Corn Baby Carrots Choice of Fruit / Choice of Milk</p>	<p><b>26</b> Waffles &amp; Sausage or Cheeseburger on a Roll or <b>PBJ Uncrustable Craveable</b> <b>Featured Veggies:</b> Tater Tots Cherry Tomatoes Choice of Fruit / Choice of Milk</p>	<p><b>27</b> Mac &amp; Cheese w/ dinner roll or Hot Ham &amp; Cheese on Pretzel Roll or <b>PBJ Uncrustable Craveable</b> <b>Featured Veggies:</b> Baby Carrots Baked Beans Choice of Fruit / Choice of Milk</p>	<p><b>28</b> Chicken and Gravy over Biscuit or Meatball Hoagie or <b>PBJ Uncrustable Craveable</b> <b>Featured Veggies:</b> Mashed Potatoes w/ gravy Cole Slaw Choice of Fruit / Choice of Milk</p>	<p><b>29</b> Cheese Pizza or Fruit &amp; Yogurt Parfait or <b>PBJ Uncrustable Craveable</b> <b>Featured Veggies:</b> Garden Salad Cucumber Slices Choice of Fruit / Choice of Milk</p>