



Lunch \$2.55  
 Reduced \$.40  
 Adult \$3.95  
 Milk \$.75

# MAY 2019 FOX CHAPEL AREA SCHOOL DISTRICT ELEMENTARY LUNCH MENU

Please make checks payable to: FCASD Cafeteria Fund. Money may also be deposited onto your child's account at [www.schoolcafe.com](http://www.schoolcafe.com)  
 USDA is an equal opportunity provider and employer

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

### What is a Lunch?

Students may choose at least 3 of the 5 components available for the school lunch price of \$2.55. One of the components must be a fruit/juice or vegetable.

- 1) Meat/Meat Alternate 2) Grain/Bread
- 3) Fruit/Juice 4) Vegetable 5) Milk

Pasta with Meat Sauce or Marinara Sauce & a Garlic Breadstick  
 BBQ Rib on a Bun  
Featured Veggies:  
 Steamed Broccoli  
 Baked Beans  
 Choice of Fruit  
 Choice of Milk

Chicken Sticks with a Soft Pretzel Rod  
 Hot Dog on a Bun  
Featured Veggies:  
 Mashed Potatoes & Gravy  
 Cauliflower Florets  
 Choice of Fruit  
 Choice of Milk

Square Cheese Pizza  
 Square Pepperoni Pizza  
Featured Veggies:  
 Steamed Carrots  
 Romaine Salad  
 Choice of Fruit  
 Choice of Milk

Popcorn Shrimp with a Soft Pretzel Rod  
 Chicken Patty on a Bun  
Featured Veggies:  
 French Fries  
 Celery Sticks  
**TREAT: MINI RICE KRISPIES TREAT**  
 Choice of Fruit and Milk

Corn Dog on a Stick  
 Toasted Cheese Sandwich  
Featured Veggies:  
 Baked Beans  
 Tomato Soup  
 Choice of Fruit  
 Choice of Milk

Chicken Mashed Potato Bowl with a Roll  
 Meatball Hoagie  
Featured Veggies:  
 Mashed Potatoes & Gravy  
 Broccoli Florets  
 Choice of Fruit  
 Choice of Milk

Walking Taco  
 Pepperoni & Cheese Hoagie  
Featured Veggies:  
 Steamed Corn  
 Sugar Snap Peas  
 Choice of Fruit  
 Choice of Milk

Cheese Pizza Sticks with Pizza Sauce  
 Fish Sticks with a Soft Pretzel Rod  
Featured Veggies:  
 Steamed Carrots  
 Coleslaw  
 Choice of Fruit  
 Choice of Milk

Cherry Blossom Chicken with Fried Rice  
 Cheeseburger on a Bun  
Featured Veggies:  
 Steamed Broccoli  
 Cucumber Slices  
 Choice of Fruit  
 Choice of Milk

French Toast Sticks with Sausage  
 Breakfast on a Stick  
Featured Veggies:  
 Hash Brown Triangles  
 Red Pepper Strips  
 Warm Cinnamon Apples  
 Choice of Milk

Chicken Tenders with a Roll  
 Turkey & Cheese Hoagie  
Featured Veggies:  
 Mashed Potatoes & Gravy  
 Cauliflower Florets  
 Choice of Fruit  
 Choice of Milk

Mozzarella Breaded Cheese Sticks with Breaded Chs Ravioli & Dipping Sauce  
 Hot Dog on a Bun  
Featured Veggies:  
 Green Beans  
 Baked Beans  
**TREAT: Choc or Vanilla Pudding**  
 Choice of Fruit and Milk

Individual Cheese Pizza  
 Individual Pepperoni Pizza  
Featured Veggies:  
 Steamed Carrots  
 Romaine Salad  
 Choice of Fruit  
 Choice of Milk

Macaroni & Cheese  
 Chicken Patty on a Bun  
Featured Veggies:  
 Steamed Peas  
 Celery Sticks  
 Choice of Fruit  
 Choice of Milk

Mini Corn Dogs  
 Toasted Cheese Sandwich  
Featured Veggies:  
 Baked Beans  
 Tomato Soup  
**TREAT: COOKIE**  
 Choice of Fruit  
 Choice of Milk

Popcorn Chicken with a Soft Pretzel Rod  
 Hot Ham & Cheese on a Pretzel Bun  
Featured Veggies:  
 Mashed Potatoes & Gravy  
 Broccoli Florets  
 Choice of Fruit  
 Choice of Milk

Nachos Grande  
 Hot Italian Hoagie  
Featured Veggies:  
 Steamed Corn  
 Sugar Snap Peas  
 Choice of Fruit  
 Choice of Milk

Big Daddy Cheese Pizza  
 Big Daddy Pepperoni Pizza  
Featured Veggies:  
 Steamed Carrots  
 Romaine Salad  
 Choice of Fruit  
 Choice of Milk

**NO SCHOOL**

**STAR Shaped Soft Pretzel** with Ham and Dipping Cheese  
 Beef Soft Taco  
Featured Veggies:  
 Baked Beans  
 Steamed Corn  
**FROZEN JUICE CUP**  
 Choice of Fruit and Milk

**HALF DAY NO LUNCH**

Celebration Mini Pancakes with Sausage  
 Chicken & Cheese Quesadilla  
Featured Veggies:  
 Emoji Fries  
 Baby Carrots  
 Warm Cinnamon Apples  
 Choice of Milk

Stuffed Crust Pizza  
 Steak & Cheese Hoagie  
Featured Veggies:  
 Steamed Carrots  
 Romaine Salad  
 Choice of Fruit  
 Choice of Milk

**Daily Entrée Options:**  
 3) PB & Jelly Sandwich with String Cheese  
 4) Chef's Salad with Croutons and a Roll  
 5) Chicken Nuggets with a Roll

**Fruit Choices May Include:**  
 Apples, Oranges, Bananas, Pears, Red & Green Grapes, Blueberries, Pineapples, Applesauce, Mixed Fruit, Strawberries, Honeydew, Cantaloupe, Watermelon, Mandarin Oranges, Peaches, Raisins, or 100% Fruit Juice

**Nutrition Center Manager**  
 Julie Geary  
 412-967-2502  
[Julie\\_Geary@fcasd.edu](mailto:Julie_Geary@fcasd.edu)

