

**Upper Dauphin
Elementary/Middle School
Breakfast Menu
Aug-Sept 2016**

**Food Service Director: Jamie Shiko
shikoj@udasd.org
717-362-6682**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8-29 Breakfast Mini Loaf W/ Toast Or Breakfast Pizza	8-30 Pancakes W/ Syrup Or Scrambled Eggs W/ Cheese Toast	8-31 Sausage & Cheese Breakfast Sandwich Or Blueberry UBR W/ Toast	9-1 Cinnamon Pretzel Stick Or Waffles W/ Syrup	9-2 Sausage & Pancake Wrap Or Cinnamon Roll W/ Icing
9-5 No School	9-6 Breakfast Taco Or Assorted Breakfast Muffins	9-7 Cheese Omelet W/ Toast Or Cherry Frudel	9-8 Breakfast Pizza Or French Toast Sticks W/ Syrup	9-9 Cinnamon Minis Or Ham, Egg & Cheese Breakfast Sandwich
9-12 Scrambled Eggs W/ Toast Or Strawberry Splash Pancakes W/ Syrup	9-13 Sausage & Pancake Wrap Or Blueberry UBR W/ Toast	9-14 French Toast Sticks W/ Syrup Or Cinnamon Roll W/ Icing	9-15 Bacon, Egg and Cheese Breakfast Sandwich Or Breakfast Mini Loaf W/ Toast	9-16 Pancakes W/ Syrup Or Breakfast Pizza
9-19 Cinnamon Pretzel Stick Or Cherry Frudel	9-20 French Toast Sticks W/ Syrup Or Sausage, Egg and Cheese Breakfast Sandwich	9-21 Breakfast Pizza Or Scrambled Eggs W/ Toast	9-22 Waffles W/ Syrup Or Breakfast Taco	9-23 Cheese Omelet W/ Toast Or Pancakes W/ Syrup
9-26 Sausage & Pancake Wrap Or Breakfast Mini Loaf W/ Toast	9-27 Assorted Breakfast Muffins Or Breakfast Pizza	9-28 Ham, Egg and Cheese Breakfast Sandwich Or Apple Fruit Pocket	9-29 Pancakes W/ Syrup Or Scrambled Eggs W/ Toast	9-30 French Toast Sticks W/ Syrup Or Blueberry UBR W/ Toast

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

Middle & High School Alternate Options May Include:

Banana or Blueberry Muffins
Chocolate Chip Oatmeal Breakfast Bar
Warm Grab & Go Breakfast Sandwiches
Fortified Breakfast Pastries
Warm Bagels
Yogurt & Toast

Variety of Cereal, Fresh Fruit, 100% Fruit Juice and
Canned Fruits available daily. Yogurt Parfaits Available daily



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Vanilla,
Fat Free White and Low Fat White

**Proud to manage your
food service program**



**Meal Prices:
Paid \$1.05
Reduced \$0.30**

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

MENUS SUBJECT TO CHANGE

Upper Dauphin High School Breakfast Menu Aug-Sept 2016

Food Service Director: Jamie Shiko
shikoj@udasd.org
717-362-6682



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>8-29</u> Breakfast Pizza	<u>8-30</u> Pancakes W/ Syrup	<u>8-31</u> Sausage & Cheese Breakfast Sandwich	<u>9-1</u> Cinnamon Pretzel Stick	<u>9-2</u> Sausage & Pancake Wrap
<u>9-5</u> No School	<u>9-6</u> Breakfast Taco	<u>9-7</u> Cheese Omelet W/ Toast	<u>9-8</u> French Toast Sticks W/ Syrup	<u>9-9</u> Ham, Egg and Cheese Breakfast Sandwich
<u>9-12</u> Scrambled Eggs W/ Toast	<u>9-13</u> Blueberry UBR W/ Toast	<u>9-14</u> Cinnamon Minis	<u>9-15</u> Bacon, Egg and Cheese Breakfast Sandwich	<u>9-16</u> Breakfast Pizza
<u>9-19</u> Cherry Frudel	<u>9-20</u> Sausage, Egg and Cheese Breakfast Sandwich	<u>9-21</u> Sausage & Pancake Wrap	<u>9-22</u> Breakfast Taco	<u>9-23</u> Pancakes W/ Syrup
<u>9-26</u> Cheese Omelet W/ Toast	<u>9-27</u> Breakfast Pizza	<u>9-28</u> Ham, Egg and Cheese Breakfast Sandwich	<u>9-29</u> Apple Frudel	<u>9-30</u> French Toast Sticks W/ Syrup

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

Middle & High School Alternate Options May Include:

Banana or Blueberry Muffins
Chocolate Chip Oatmeal Breakfast Bar
Warm Grab & Go Breakfast Sandwiches
Fortified Breakfast Pastries
Warm Bagels
Yogurt & Toast

Variety of Fresh Fruit, 100% Fruit Juice and
Canned Fruits available daily.



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

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Meal Prices:
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Reduced \$0.30

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**Upper Dauphin Elementary
Lunch Menu
Aug/Sept 2016**

**Food Service Director: Jamie Shiko
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What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

*Students must choose at least one fruit or vegetable



**Fresh Fruits and Vegetables
Offered Daily**

*Vegetables may include:
Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber
*May choose two 1/2 cup servings

*Fruits may include:
Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce
*May choose one 1/2 cup serving

MENUS SUBJECT TO CHANGE

Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Vanilla,
Fat Free White and Low Fat White

Lunch Prices

Paid \$2.05

Reduced \$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
<p>8-29 Crunchy or Soft Taco W/ Rice & Refried Beans Or Cheesesteak Hoagie Steamed Green Beans Applesauce Fat Free Milk</p>	<p>8-30 Pizza Burger Pocket Or Corn Dog Nuggets Scalloped Potatoes Fruit Cocktail Fat Free Milk</p>	<p>8-31 Macaroni & Cheese W/ Bread Or Hot Dog On A Bun Steamed Broccoli Stewed Tomatoes Chilled Pears Fat Free Milk</p>	<p>9-1 Cheesy Chicken Nachos W/ Rice Or Ham & Cheese Pretzel Melt Steamed Corn Pineapple Tidbits Fat Free Milk</p>	<p>9-2 Italian Dunkers W/ Marinara Sauce Or Ham & Cheese Hoagie Winter Mix Garden Salad Cinnamon Apples Fat Free Milk</p>	<p>Week 1 Assorted Salads With Roll Turkey & Cheese Sandwich Cheese Sandwich</p>
<p>9-5 No School</p>	<p>9-6 <u>Breakfast For Lunch</u> French Toast Sticks W/ Sausage Or Cheeseburger On A Bun Tater Tots Mandarin Oranges Fat Free Milk</p>	<p>9-7 Chicken & Waffles W/ Gravy Or Pulled Pork Sandwich Mashed Potatoes Strawberries Fat Free Milk</p>	<p>9-8 Spaghetti W/ Meat Sauce Garlic Bread Or Chicken Patty On A Bun Steamed Green Beans Garden Salad Applesauce Fat Free Milk</p>	<p>9-9 Plain Or Pepperoni Pizza Or Chicken Cheesesteak Winter Mix Garden Salad Pineapple Tidbits Fat Free Milk</p>	<p>Week 2 Assorted Salads With Roll Ham & Cheese Sandwich Cheese Sandwich</p>
<p>9-12 <u>Baked Potato Bar</u> W/ Chili, Cheese, Bacon W/ Soft Pretzel Or Ham & Cheese Pretzel Melt Steamed Broccoli Sliced Peaches Fat Free Milk</p>	<p>9-13 Corn Dog Nuggets Or BBQ Rib Sandwich Baked Beans Chilled Pears Fat Free Milk</p>	<p>9-14 Chicken Sticks W/ Buttered Noodles Or Trojan Attack Wrap Mixed Vegetables Mixed Berries Fat Free Milk</p>	<p>9-15 Chicken Pot Pie W/ Bread Or Ham & Cheese Hoagie Sweet Peas Mandarin Oranges Fat Free Milk</p>	<p>9-16 Pizza Roll Ups W/ Marinara Sauce Or Chicken Club Sandwich French Fries Garden Salad Applesauce Fat Free Milk</p>	<p>Week 3 Assorted Salads With Roll Turkey & Cheese Sandwich Cheese Sandwich</p>
<p>9-19 Potato & Cheese Pierogies Or Cheesesteak Hoagie Winter Mix Fruit Cocktail Fat Free Milk</p>	<p>9-20 Beef Nachos W/ Rice & Refried Beans Or Chicken Patty On A Bun Steamed Corn Pineapple Tidbits Fat Free Milk</p>	<p>9-21 California Cheeseburger Or Hot Roast Pork Sandwich French Fries Sliced Peaches Fat Free Milk</p>	<p>9-22 Macaroni & Cheese W/ Bread Or Meatball Hoagie Sweet Peas Stewed Tomatoes Strawberries Fat Free Milk</p>	<p>9-23 Pepperoni & Cheese Stromboli Or Hot Dog On A Bun Steamed Broccoli Garden Salad Mandarin Oranges Fat Free Milk</p>	<p>Week 4 Assorted Salads With Roll Ham & Cheese Sandwich Cheese Sandwich</p>
<p>9-26 Chicken Parmesan W/ Pasta & Garlic Bread Or Hamburger On A Bun Steamed Green Beans Garden Salad Cinnamon Apples Fat Free Milk</p>	<p>9-27 Grilled Cheese Sandwich Tomato Soup Or Hot Sicilian Sandwich Mixed Vegetables Sliced Peaches Fat Free Milk</p>	<p>9-28 <u>Breakfast For Lunch</u> French Toast Sticks W/ Sausage Or Chicken Patty On A Bun Tater Tots Rosy Applesauce Fat Free Milk</p>	<p>9-29 Pulled Pork Sandwich W/ Coleslaw Or Chicken Nuggets French Fries Mixed Fruit Fat Free Milk</p>	<p>9-30 Italian Dunkers W/ Marinara Sauce Or Fish Sticks W/ Bread Baked Beans Garden Salad Chilled Pears Fat Free Milk</p>	<p>Week 5 Assorted Salad W/ Roll Turkey & Cheese Sandwich Cheese Sandwich</p>

Upper Dauphin Middle School Lunch Menu

Aug-Sept 2016



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The Grille

Mondays : Cheeseburger On A Bun
Tuesdays: Ham & Cheese Pretzel Melt
Wednesdays: Meatball Hoagie
Thursdays: Pulled Pork Sandwich
Fridays: Chicken Patty On A Bun

The Garden

Chef Salad
Grilled Chicken Salad
Crispy Chicken Salad

The Pizzeria

Available Daily
Cheese Or Pepperoni Pizza

Monday: White Sicilian Pizza
Tuesday: Taco Pizza
Wednesday: Buffalo Chicken Pizza
Thursday: Meat Lovers' Pizza
Friday: Chicken Bacon Ranch Pizza

Grab & Go

A wide variety of sandwiches, wraps, specialty salads and yogurt parfaits are available daily!

Options

Monday	Tuesday	Wednesday	Thursday	Friday
8-29 Crunchy Or Soft Taco W/ Rice & Refried Beans Steamed Green Beans Applesauce Fat Free Milk	8-30 Pizza Burger Pocket Carrot Coins Garden Salad Fruit Cocktail Fat Free Milk	8-31 Macaroni & Cheese W/ Bread Steamed Broccoli Stewed Tomatoes Chilled Pears Fat Free Milk	9-1 Cheesy Chicken Nachos W/ Rice Steamed Corn Pineapple Tidbits Fat Free Milk	9-2 Italian Dunkers W/ Marinara Sauce Winter Mix Garden Salad Cinnamon Apples Fat Free Milk
9-5 No School	9-6 <i>Breakfast For Lunch</i> French Toast Sticks W/ Sausage Tater Tots Mandarin Oranges Fat Free Milk	9-7 Chicken & Waffles W/ Gravy Mashed Potatoes Mixed Berries Fat Free Milk	9-8 Spaghetti W/ Meat Sauce Garlic Bread Steamed Green Beans Baked Beans Garden Salad Applesauce Fat Free Milk	9-9 Pepperoni & Cheese Stromboli W/ Marinara Sauce Baked Beans Garden Salad Pineapple Tidbits Fat Free Milk
9-12 <i>Baked Potato Bar</i> W/ Chili, Cheese, Bacon, Sour Cream and Butter W/ Soft Pretzel Steamed Broccoli Sliced Peaches Fat Free Milk	9-13 Corn Dog Nuggets Scalloped Potatoes Confetti Bean Salad Chilled Pears Fat Free Milk	9-14 Chicken Sticks W/ Buttered Noodles Mixed Vegetables Strawberries Fat Free Milk	9-15 Chicken Pot Pie W/ Bread Harvard Beets Sweet Peas Mandarin Oranges Fat Free Milk	9-16 Pizza Roll Ups W/ Marinara Sauce Carrot Coins Garden Salad Applesauce Fat Free Milk
9-19 Potato & Cheese Pierogies Winter Mix Fruit Cocktail Fat Free Milk	9-20 Beef Nachos W/ Rice & Refried Beans Steamed Corn Pineapple Tidbits Fat Free Milk	9-21 Hot Roast Pork Sandwich French Fries Sliced Peaches Fat Free Milk	9-22 Macaroni & Cheese W/ Bread Sweet Peas Stewed Tomatoes Strawberries Fat Free Milk	9-23 Buffalo Chicken Stromboli Carrot Coins Garden salad Mandarin Oranges Fat Free Milk
9-26 Chicken Parmesan W/ Pasta & Garlic Bread Steamed Green Beans Garden Salad Cinnamon Apples Fat Free Milk	9-27 Grilled Cheese Sandwich Tomato Soup Mixed Vegetables Sliced Peaches Fat Free Milk	9-28 <i>Breakfast For Lunch</i> French Toast Sticks W/ Sausage Tater Tots Rosy Applesauce Fat Free Milk	9-29 Ham & Potato Au Gratin W/ Bread Carrot Coins Mixed Fruit Fat Free Milk	9-30 <i>Cheesesteak Bar</i> W/ Cheese, Peppers, Onions, & Sauce Baked Beans Chilled Pears Fat Free Milk

The Deli

Spicy Italian Hoagie
Buffalo Chicken
Oven Roasted Turkey and Cheese
Ham & Cheese
Tuna Salad

Accompaniments

*Must take at least one 1/2 cup of fruit or vegetable

***Vegetable Bar includes:**
Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber

***Fruits include:**
Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce

Milk

Milk Choices Offered Daily:
1% white, non-fat white, non-fat flavored

Proud to manage your food service program

Lunch Prices: Paid \$2.30 Reduced \$0.40

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Upper Dauphin High School Lunch Menu

Aug-Sept 2016



Food Service Director: Jamie Shiko
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The Grille

Available Daily
Breaded or Grilled Chicken Patty
Cheeseburger Or Hamburger On A Bun

Mondays: BBQ Rib Sandwich
Tuesdays: Ham & Cheese Pretzel Melt
Wednesdays: Pulled Pork Sandwich
Thursdays: Meatball Hoagie
Fridays: Crispy Fish Sandwich

The Garden

Full Salad Bar Available Daily:
Dark Leafy Lettuce Along With Assorted Meats, Cheeses, and Fresh Vegetables

The Pizzeria

Available Daily
Cheese Or Pepperoni Pizza

Mondays: White Sicilian Pizza
Tuesdays: Taco Pizza
Wednesdays: Buffalo Chicken Pizza
Thursdays: Meat Lovers' Pizza
Fridays: Chicken Bacon Ranch Pizza

Monday	Tuesday	Wednesday	Thursday	Friday
8-29 Crunchy Or Soft Taco W/ Rice & Refried Beans Steamed Green Beans Applesauce Fat Free Milk	8-30 Pizza Burger Pocket Carrot Coins Garden Salad Fruit Cocktail Fat Free Milk	8-31 Macaroni & Cheese W/ Bread Steamed Broccoli Stewed Tomatoes Chilled Pears Fat Free Milk	9-1 Cheesy Chicken Nachos W/ Rice Steamed Corn Pineapple Tidbits Fat Free Milk	9-2 Italian Dunkers W/ Marinara Sauce Winter Mix Garden Salad Cinnamon Apples Fat Free Milk
9-5 No School	9-6 <i>Breakfast For Lunch</i> French Toast Sticks W/ Sausage Tater Tots Mandarin Oranges Fat Free Milk	9-7 Chicken & Waffles W/ Gravy Mashed Potatoes Mixed Berries Fat Free Milk	9-8 Spaghetti W/ Meat Sauce Garlic Bread Steamed Green Beans Garden Salad Applesauce Fat Free Milk	9-9 Pepperoni & Cheese Stromboli W/ Marinara Sauce Baked Beans Garden Salad Pineapple Tidbits Fat Free Milk
9-12 <i>Baked Potato Bar</i> W/ Chili, Cheese, Bacon, Sour Cream and Butter W/ Soft Pretzel Steamed Broccoli Sliced Peaches Fat Free Milk	9-13 Corn Dog Nuggets Scalloped Potatoes Confetti Bean Salad Chilled Pears Fat Free Milk	9-14 Chicken Sticks W/ Buttered Noodles Mixed Vegetables Strawberries Fat Free Milk	9-15 Chicken Pot Pie W/ Bread Harvard Beets Sweet Peas Mandarin Oranges Fat Free Milk	9-16 Pizza Roll Ups W/ Marinara Sauce Carrot Coins Garden Salad Mandarin Oranges Fat Free Milk
9-19 Potato & Cheese Pierogies Winter Mix Fruit Cocktail Fat Free Milk	9-20 Beef Nachos W/ Rice & Refried Beans Steamed Corn Pineapple Tidbits Fat Free Milk	9-21 Hot Roast Pork Sandwich French Fries Sliced Peaches Fat Free Milk	9-22 Macaroni & Cheese W/ Bread Sweet Peas Stewed Tomatoes Strawberries Fat Free Milk	9-23 Buffalo Chicken Stromboli Carrot Coins Garden Salad Mandarin Oranges Fat Free Milk
9-26 Chicken Parmesan W/ Pasta & Garlic Bread Steamed Green Beans Garden Salad Cinnamon Apples Fat Free Milk	9-27 Grilled Cheese Sandwich Tomato Soup Mixed Vegetables Sliced Peaches Fat Free Milk	9-28 <i>Breakfast For Lunch</i> French Toast Sticks W/ Sausage Tater Tots Rosy Applesauce Fat Free Milk	9-29 Ham & Potato Au Gratin W/ Bread Carrot Coins Mixed Fruit Fat Free Milk	9-30 <i>Cheesesteak Bar</i> W/ Cheese, Peppers, Onions, & Sauce Baked Beans Chilled Pears Fat Free Milk

The Deli

Available Daily
Hoagies: Ham, Turkey, & Italian
Wraps: Ham & Turkey
Specialty Wraps
Mondays: Turkey Club
Tuesdays: California Chicken
Wednesdays: Sicilian
Thursdays: Turkey & Ham Twister
Fridays: Chicken Bacon Ranch

Accompaniments

*Must take at least one 1/2 cup of fruit or vegetable

*Fruits include:
Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce

*Vegetable Bar includes:
Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber

Milk

Milk Choices Offered Daily:
1% white, non-fat white, non-fat flavored

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