



# September 2019

## SKYVIEW LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	DAILY ENTREES
Carrots & Peas Baby Carrots Applesauce	Yellow Corn Cucumber Slices Pears	Steamed Broccoli Cherry Tomatoes Fresh Orange	Mixed Veggies Fresh Broccoli Peaches	Baked Fries Baby Carrots Fresh Apple	<b>DAILY ENTREES</b> Sunbutter & Jelly Sandwich Hummus Pack: with Soft Pretzel, Veggies & String Cheese  <u>Pizza &amp; Grill:</u> Cheese Pizza Chicken Patty Sandwich Cheeseburger Hamburger  <u>Salad of the Day:</u> Includes a fresh baked whole grain roll  <b>DAILY SIDES</b> <u>Choice of Milk:</u> 1% White, Skim White, Skim Chocolate, Skim Strawberry  <u>100% Fruit Juice:</u> Apple, Orange or Fruit  <u>Fruit:</u> Fresh Apple Fresh Orange  All grains served are whole grain
<b>26</b> No School	<b>27</b> No School	<b>28</b> Corn Dog with Baked Beans  Ham & Cheese Sandwich Garden Salad with Egg	<b>29</b> Mozzarella Sticks with Marinara  Turkey & Cheese Sandwich Garden Salad with Egg	<b>30</b> No School	
<b>2</b> No School	<b>3</b> Cheese Ravioli with Marinara and Fresh Baked Roll  Turkey & Cheese Sandwich Garden Salad with Egg	<b>4</b> Walking Taco w/ Toppings Bar and Black Beans  Ham & Cheese Sandwich Garden Salad with Egg	<b>5</b> French Toast with Sausage, Syrup Baked Cinnamon Apples  Turkey & Cheese Sandwich Garden Salad with Egg	<b>6</b> Chicken Nuggets with Fresh Baked Roll Roasted Cauliflower  Ham & Cheese Sandwich Garden Salad with Egg	
<b>9</b> Meatball Sub  Ham & Cheese Sandwich Garden Salad with Egg	<b>10</b> Chicken Mashed Potato Bowl with Breadstick  Turkey & Cheese Sandwich Garden Salad with Egg	<b>11</b> Fish Sticks with Mac and Cheese  Ham & Cheese Sandwich Garden Salad with Egg	<b>12</b> Chicken Parm Over Pasta  Turkey & Cheese Sandwich Garden Salad with Egg	<b>13</b> Mac and Beef Bake with Fresh Baked Roll  Ham & Cheese Sandwich Garden Salad with Egg	
<b>16</b> Pasta Carbonara with Ham, Chicken and Peas Fresh Baked Roll  Ham & Cheese Sandwich Garden Salad with Egg	<b>17</b> Pizza Dippers with Mozzarella  Turkey & Cheese Sandwich Garden Salad with Egg	<b>18</b> Pasta and Meatballs with Garlic Bread  Ham & Cheese Sandwich Garden Salad with Egg	<b>19</b> Crispy Chicken Drumstick w/ Roll, Baked Beans and Mashed Potatoes  Turkey & Cheese Sandwich Garden Salad with Egg	<b>20</b> Burger Bar: Tomato, Lettuce, Pickels, Onion or Veggie Burger  Ham & Cheese Sandwich Garden Salad with Egg	
<b>23</b> Grilled Cheese with Tomato Soup  Ham & Cheese Sandwich Garden Salad with Egg	<b>24</b> Chicken Pot Pie  Turkey & Cheese Sandwich Garden Salad with Egg	<b>25</b> Ham and Cheese Melt on Pretzel Roll Baked Beans  Ham & Cheese Sandwich Garden Salad with Egg	<b>26</b> Cheesy Baked Potato with Ham, Broccoli Fresh Baked Roll  Turkey & Cheese Sandwich Garden Salad with Egg	<b>27</b> Meat & Cheese Nachos w/ Toppings Bar Black Beans  Ham & Cheese Sandwich Garden Salad with Egg	

**MEAL PRICES**

Lunch: \$3.00  
Reduced : \$0.40

To make a meal, students must select foods from at least 3 out of the 5 food groups offered (meat/meat alternate, grain, fruit, vegetable, milk).

At least one item must be a ½ cup fruit, ½ cup vegetable or a 4oz fruit juice.

Meals without a fruit or vegetable will be charged a la carte pricing.

For information on nutrition, applying for free or reduced meals, adding money to student accounts, next month's menus and more visit us online at: [www.methacton.org/aramark](http://www.methacton.org/aramark) or scan to the code to the right.



**Students who qualify for free or reduced price lunch, also qualify for free or reduced price breakfast!**

Menus are subject to change without notice.

This institution is an equal opportunity provider. For further information on our Nondiscrimination Statement, please visit: <http://www.methacton.org/Page/16336>

