



LUNCH

OCTOBER 2022

Portage Area Elementary School

Daily Entree Alternates:
Stuffed Crust Pizza (Mon. – Thurs.)
Meat Lovers Stromboli (Fridays Only)
Grab N Go

Offered Daily:
100% Juice
Choice of Milk

MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO PRODUCT AVAILABILITY

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Hot Dog/Bun 3</p> <p>Side Salad with Sliced Cucumbers Baked Beans Orange Craisins//Dried Apple Slices</p>	<p>Chicken & Cheese Quesadilla 4</p> <p>Side Salad with Sliced Cucumbers Fresh Sliced Green Peppers Applesauce Craisins//Dried Apple Slices</p>	<p>Cheesy Noodles with Ground Beef 5</p> <p>Side Salad with Sliced Cucumbers Smiley Fries Mandarin Oranges Craisins//Dried Apple Slices</p>	<p>Breaded Ravioli 6</p> <p>Stuffed Breadstick Side Salad with Sliced Cucumbers Corn Apple Slices Craisins//Dried Apple Slices</p>	<p>Deli Turkey & Cheese Croissant 7</p> <p>Side Salad with Sliced Cucumbers Cooked Carrots Chilled Pears Craisins//Dried Apple Slices Chocolate Chip Cookie</p>
<p>No School Teachers In-Service 10</p>	<p>Taco In A Bag 11</p> <p>Side Salad with Sliced Tomato Green Beans Applesauce Craisins/Dried Strawberry Apple Slices</p>	<p>Chicken Alfredo 12</p> <p>T-roll Side Salad with Sliced Tomato Mixed Vegetables Chilled Pineapple Craisins/Dried Strawberry Apple Slices</p>	<p>Orange Chicken 13</p> <p>Steamed Brown Rice Side Salad with Sliced Tomato Steamed Broccoli Apple Slices Craisins/Dried Strawberry Apple Slices</p>	<p>Mini Corn Dogs 14</p> <p>Side Salad with Sliced Tomato Pasta Salad Chilled Peaches Craisins/Dried Strawberry Apple Slices Strawberry Sundae Ice Cream Cup</p>
<p>BBQ Pork Patty/Bun 17</p> <p>Side Salad with Sliced Cucumbers Coleslaw Banana Craisins /Dried Apple Slices</p>	<p>Chicken Fajita 18</p> <p>Side Salad with Sliced Cucumbers Fresh Red Pepper Slices Applesauce Craisins /Dried Apple Slices</p>	<p>Chicken Parmesan 19</p> <p>Spaghetti Side Salad with Sliced Cucumbers Peas Mandarin Oranges Craisins /Dried Apple Slices</p>	<p>Meatball Bowl 20</p> <p>Pretzel Rods Side Salad with Sliced Cucumbers Apple Slices Craisins /Dried Apple Slices</p>	<p>Pierogis/Sausage Patty 21</p> <p>Side Salad with Sliced Cucumbers Baked Beans Chilled Pears Craisins /Dried Apple Slices Cinnamon Goldfish Graham</p>
<p>Deli Ham & Cheese on a Pretzel Bun 24</p> <p>Side Salad with Sliced Tomato Spiral French Fries Mixed Fruit Craisins/Dried Mixed Fruit</p>	<p>Hard Shell Taco's 25</p> <p>Side Salad with Sliced Tomato Pasta Salad Applesauce Craisins/Dried Mixed Fruit</p>	<p>Breaded Fish/Bun 26</p> <p>Side Salad with Sliced Tomato Oven Roasted Vegetables Chilled Pineapple Craisins/Dried Mixed Fruit</p>	<p>Breaded Mozzarella Sticks 27</p> <p>Side Salad with Sliced Tomato Fresh Veggie Boat Apple Slices Craisins/Dried Mixed Fruit</p>	<p>Popcorn Chicken 28</p> <p>Side Salad with Sliced Tomato Cucumber/Tomato Salad Chilled Peaches Craisins/Dried Mixed Fruit Gold Fish Crackers</p>
<p>Deli Ham, Egg, & Cheese Croissant 31</p> <p>Side Salad with Sliced Cucumbers Cooked Carrots/Peas Apple Craisins/Dried Apple Slices</p>				

What is CEP and what does it mean for me?

- CEP stands for Community Eligibility Provision.
- Under CEP, all students in Portage Area School District are eligible to receive (1) breakfast and (1) lunch at no cost.

The 5 food groups to a school lunch are:

- Meat/Meat Alternative
- Grain
- Fruit
- Vegetable
- Milk

Choice 3 or more food groups.
Pick at least ½ cup fruit and/or vegetable



Meal Prices

- 2nd Lunch - \$2.50
- Adult Lunch - 4.75
- Milk (2nd) - \$.50
- Bottled Water (Large) - \$.50
- Bottled Water (Small) - \$.30

A copy of the menu with the nutritional and allergy information is available at:
<https://www.schoolcafe.com/PortageASD>