


Menus for **October 2022**



**Young Scholars of Central Pennsylvania**

Full Lunch - \$3.10 Milk Only - \$.70

**Looking for a job with family-friendly hours?**

SCASD Food Services has part time positions available.  
\$15.95/hr.  
Contact us for additional information.

**814-231-5095**  
[foodservices@scasd.org](mailto:foodservices@scasd.org)



**Peace, Love & School LUNCH**

**October 10-14**  
**National School Lunch Week**

**Monday, October 3**

Chicken Nuggets  
Soft Pretzel  
Steamed Peas Baby Carrots  
Peach Cup  
Choice of Milk

**Tuesday, October 4**

Yogurt Parfait  
Hashbrown Cucumber Slices  
Apple Juice  
Elf Grahams  
Choice of Milk

**Wed., October 5**

Fish Sticks  
Macaroni & Cheese  
Carrots & Celery  
Banana  
Choice of Milk

**Thursday, October 6**

Mini Waffles & Canadian Bacon\*  
Hashbrown  
Sweet Pepper Strips  
Strawberry Cup  
Choice of Milk

\*made with turkey

**Friday, October 7**

**No School Today**

**Menus are Subject to Change**

**Monday, October 10**

Popcorn Chicken  
Dinner Roll  
Steamed Corn Baby Carrots  
Pineapple Cup  
Choice of Milk

**Tuesday, October 11**

Hummus & Toasted Flat Bread  
Baby Carrots  
Sweet Pepper Strips  
Apple Slices  
Fruit Roll Up  
Choice of Milk

**Wed., October 12**

Chicken Patty Sandwich  
Cowboy Bean Salad  
Cucumber Slices  
Strawberry Cup  
Choice of Milk

**Thursday, October 13**

Cheese Pizzaboli  
Steamed Green Beans  
Baby Carrots  
Banana  
Choice of Milk

**Friday, October 14**

Lasagna  
Garlic Bread Stick  
Broccoli & Cherry Tomatoes  
Peach Cup  
Choice of Milk

**Monday, October 17**

Chicken Nuggets  
Biscuit  
Baked Beans Baby Carrots  
Mandarin Oranges  
Choice of Milk

**Tuesday, October 18**

Yogurt Parfait  
Hashbrown Cucumber Slices  
Apple Juice  
Elf Grahams  
Choice of Milk

**Wed., October 19**

Baked Potato & Cheese Sauce  
Soft Pretzel  
Sweet Pepper Strips  
Pineapple Cup  
Choice of Milk

**Thursday, October 20**

Cheese Pretzel  
Carrots & Celery  
Apple Slices  
Choice of Milk

**Friday, October 21**

BBQ Chicken  
Corn Bread  
Broccoli & Cherry Tomatoes  
Strawberry Cup  
Choice of Milk

**Monday, October 24**


Chicken Nuggets  
Garlic Bread Stick  
Steamed Peas Baby Carrots  
Peach Cup  
Choice of Milk

**Tuesday, October 25**

Deli Turkey Sandwich  
Corn Chips  
Carrot & Celery Sticks  
Mandarin Oranges  
Choice of Milk

**Apple Crunch Day!**

Hamburger  
Assorted Fresh Veggies  
Apple Slices  
Dried Fruit Mix  
Choice of Milk



**Thursday, October 27**

**No School Today**

**Friday, October 28**

**No School Today**



**Celebrated during National Apple Month, Apple Crunch is a day to encourage healthy snacking - especially snacking on a juicy, crisp apple!**

**Monday, October 31**

Baked Potato & Cheese Sauce  
Soft Pretzel  
Baby Carrots  
Applesauce Cup  
Choice of Milk

**Tuesday, November 1**

Popcorn Chicken  
Dinner Roll  
Steamed Corn Cucumber Slices  
Craisins  
Choice of Milk

**Wed., November 2**

Hot Dog\*  
Baked Beans Baby Carrots  
Banana  
Crisp Corn Chips  
Choice of Milk

\*turkey & beef

**Thursday, November 3**

Grilled Cheese Sandwich  
Pasta Salad Pepper Strips  
Pineapple Cup  
Goldfish Crackers  
Choice of Milk

**Friday, November 4**

Pasta & Meatballs  
Garlic Bread Stick  
Broccoli & Cherry Tomatoes  
Apple Slices  
Choice of Milk