

March 2023



MHY Family Services

What is a Meal?

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

Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

- Meat or meat alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread

Choice of Milk - 1% white, and fat-free chocolate

Weekly Vegetable Subgroups May Include:

Dark green - spinach, broccoli, romaine and spring salad

Red/Orange - carrots, sweet potatoes, tomatoes, red peppers

Beans/Peas

Starchy - white potatoes, corn, and lima beans

Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

LEAVE YOUR LUNCHBOX AT HOME!

DAILY ALTERNATES.

Daily entrée options may include:

Sunbutter and Jelly on WG Sliced Bread, Gluten free alternative

WG= Whole Grain

Nutritious Friends

Look for our Nutritious Friend of the Month on the menu!!

Lunch Prices

Student \$0.00

Adult \$0.00

General Manager

Lynn Paga 724-602-8168

Email

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USDA is an equal opportunity provider and employer

Monday



6

Breakfast

French Toast Sticks or Cereal
Apple or Apple Juice
1% White or Skim Milk

Lunch

Grilled Cheese w/ Tomato Soup
Chicken Mashed Potato Bowl

Choice of Fruit/Veggie and Milk

13

Breakfast

French Toast Sticks or Cereal
Apple or Apple Juice
1% White or Skim Milk

Lunch

Stoppo Joe on WG Roll
Stuffed Crust Pizza
Choice of Fruit/Veggie and Milk

20

Breakfast

French Toast Sticks or Cereal
Apple or Apple Juice
1% White or Skim Milk

Lunch

BBQ Pork Sandwich
Popcorn Chicken w/ WG Roll
Choice of Fruit/Veggie and Milk

Tuesday



7

Breakfast

Breakfast Pizza or Cereal
Apple or Apple Juice
1% White or Skim Milk

Lunch

Hard or Soft Shell Beef Taco
Chicken Quesadilla Pizza
Choice of Fruit/Veggie and Milk

14

Breakfast

Breakfast Pizza or Cereal
Apple or Apple Juice
1% White or Skim Milk

Lunch

Chicken or Beef Taco
Mexican Rice and Corn
Choice of Fruit/Veggie or Milk

21

Breakfast

Breakfast Pizza or Cereal
Apple or Apple Juice
1% White or Skim Milk

Lunch

Beef Soft Taco
Buffalo Chicken Flatbread
Choice of Fruit/Veggie and Milk

Wednesday

1

Breakfast

Cream Cheese Bagel or Cereal
Apple or Apple Juice
1% White or Skim Milk

Lunch

Chicken Patty on WG Roll
Meatball Hoagie on WG Roll
Choice of Fruit/Veggie and Milk

8

Breakfast

Cream Cheese Bagel or Cereal
Apple or Apple Juice
1% White or Skim Milk

Lunch

Bacon Burger or Cheeseburger
Tator Tots
Choice of Fruit/Veggie and Milk

15

Breakfast

Cream Cheese Bagel or Cereal
Apple or Apple Juice
1% White or Skim Milk

Lunch

Pierogi Casserole
BBQ Chicken Sandwich
Choice of Fruit/Veggie and Milk

22

Breakfast

Bagel w/ Cream Cheese or Cereal
Apple or Apple Juice
1% White or Skim Milk

Lunch

BBQ Ham Sandwich
French Toast Sticks and Sausage
Choice of Fruit/Veggie and Milk

Thursday

2

Breakfast

Waffles w/Syrup or Cereal
Apple or Apple Juice
1% White or Skim Milk

Lunch

Chicken Alfredo
Beef and Cheddar Sandwich
Choice of Fruit/Veggie and Milk

9

Breakfast

Waffles w/ Syrup
Apple or Apple Juice
1% White or Skim Milk

Lunch

Chicken Nuggets w/ Breadstick
Pasta with Meat Sauce
Choice of Fruit/Veggie and Milk

16

Breakfast

Waffles w/ Syrup or Cereal
Apple or Apple Juice
1% White or Skim Milk

Lunch

Ravioles w/ Sauce and Breadsticks
Italian Grinder
Choice of Fruit/Veggie and Milk

23

Breakfast

Waffles w/ Syrup or Cereal
Apple or Apple Juice
1% White or Skim Milk

Lunch

Beef Lasagna
Spicy Chicken on WG Roll
Choice of Fruit/Veggie and Milk

Friday

3

Breakfast

WG Donuts or Cereal
Apple or Apple Juice
1% White or Skim Milk

Lunch

Fish Sticks w/ WG Crackers
Stuffed Shells w/ Sauce
Dinner Roll
Choice of fruit/Veggie and Milk

10

Breakfast

Egg and Cheese English Muffin
Cereal
Apple or Apple Juice
1% White or Skim Milk

Lunch

Pizza Sticks w/ Sauce
Chicken Bacon Ranch Flatbread
Choice of Fruit/Veggie and Milk

17

Breakfast

Breakfast Sandwich or Cereal
Apple or Apple Juice
1% White or Skim Milk

Lunch

Pepperoni Pizza Bagel
Fish Sandwich
Choice of Fruit/Veggie and Milk

24

Breakfast

Donuts or Cereal
Apple or Apple Juice
1% White or Skim Milk

Lunch

Stuffed Shells
Corn Dog
Choice of Fruit/Veggie and Milk