



MHY Family Services October/November 2023



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
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USDA is an equal opportunity provider and employer

Monday

23

Breakfast

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

Lunch

Cheesesteak Hoagie
Chicken Tenders w/ Goldfish Crackers
Dilled Carrots
Choice of Fruit Veggie and Milk

Tuesday

24

Breakfast

Sausage Egg and Cheese Sandwich
or Cereal Choice
Apple or Apple Juice
1% White or Skim Milk

Lunch

Beef Tacos
BuffaloChicken Mac N Cheese
Dinner Roll and Sweet Corn
Choice of Fruit Veggie and Milk

Wednesday

25

Breakfast

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

Lunch

Meatball Hoagie
Toasted Cheese Sandwich
Tomato Soup
Choice of Fruit Veggie and Milk

Thursday

26

Breakfast

WG Blueberry Muffin or Cereal
Apple or Apple Juice
1% White or Skim Milk

Lunch

Fish Sticks w/ Breadstick
Tator Tot Casserole
Green Beans
Choice of Fruit Veggie and Milk

Friday

27

Breakfast

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

Lunch

Beef Ravioli w/Sauce and Roll
Chicken Salad Wrap
Broccoli Casserole
Choice of Fruit Veggie and Milk

30

Breakfast

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

Lunch

Salisbury Steak w/ Gravy
BBQ Chicken Wrap
Ranch Potatoes
Choice of Fruit Veggie and Milk

31

Breakfast

BOOOOO berry Muffins
or Cereal
Apple or Apple Juice
1% White or Skim Milk

Lunch

HAPPY HALLOWEEN!!!
Beef BOOOO ritos
Finger Hot Dogs TatorTots
Choice of Fruit Veggie and Milk

1

Breakfast

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

Lunch

Turkey and Swiss Bagel
Stuffed Shells w/ Dinner Roll
Brussel Sprouts
Choice of Fruit Veggie and Milk

2

Breakfast

Sausage Egg and Cheese Sandwich
or Cereal
Apple or Apple Juice

Lunch

BBQ Ham on a Pretzel Roll
Sweet and Sour Meatballs w/ Pasta
Peas and Carrots
Choice of Fruit Veggie and Milk

3

Breakfast

Breakfast on a Stick w/Syrup
Cereal Choice
Apple or Apple Juice
1% White or Skim Milk

Lunch

Buffalo Chicken Dunker w/ Spicy
Ranch Dipping Sauce
Italian Hoagie and Cauliflower
Choice of Fruit Veggie and Milk

6

Breakfast

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

Lunch

Spicy Chicken Sandwich
Italian Hoagie
Cheesy Broccoli and Rice
Choice of Fruit Veggie and Milk

7

Breakfast

Sausage Egg and Cheese Sandwich
or Cereal
Apple or Apple Juice
1% White or Skim Milk

Lunch

Chicken or Beef Tacos
Spanish Rice
Sweet Corn
Choice of Fruit Veggie and Milk

8

Breakfast

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

Lunch

Pizza Day!!!
Cheese, Chicken Bacon Ranch
or Pepperoni and Green Beans
Choice of Fruit Veggie and Milk

9

Breakfast

WG Blueberry Muffin or Cereal
Apple or Apple Juice
1% White or Skim Milk

Lunch

Cheese Sticks w/ Dipping Sauce
Ham and Cheese on a Pretzl Roll
Cheesy Broccoli and Cauliflower
Choice of Fruit Veggie and Milk

Taking a
Day Off

NO SCHOOL!
HAVE A GREAT

WEEKEND!!



13

Breakfast

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

Lunch

Chicken Mashed Potato Bowl
Rib Sandwich
Choice of Fruit Veggie or Milk

14

Breakfast

Sausage Egg and Cheese Sandwich
or Cereal
Apple or Apple Juice
1% White or Skim Milk

Lunch

Chicken Quesadilla Wrap
Corn Dog
Corn
Choice of Fruit Veggie and Milk

15

Breakfast

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

Lunch

Chicken Nuggets w/ Dinner Roll
Spaghetti and Meatballs w/ Sauce
Broccoli
Choice of Fruit Veggie and Milk

16

Breakfast

WG Blueberry Muffin or Cereal
Apple or Apple Juice
1% White or Skim Milk

Lunch

Bacon Burger or Cheeseburger
French Fries
Choice of Fruit Veggie and Milk

17

Breakfast

Breakfast on a Stick or Cereal
Apple or Apple Juice
1% White or Skim Milk

Lunch

Chicken Patty
Pierogi Meal w/ Bacon Onions and
Cheese and Carrots
Choice of Fruit Veggie and Milk