

WHY Family Services August 2024



Monday

Breakfast

Frozen Toast w/ Syrup or Cereal
Apple or Apple Juice
1/2 White or Semi Milk

Lunch

Choice of Fruit, Veggie and Milk

Tuesday

Breakfast

Sausage Breakfast Pizza or Cereal
Apple or Apple Juice
1/2 White or Semi Milk

Lunch

Choice of Fruit, Veggie and Milk

Wednesday

Breakfast

Cream Cheese Bagel or Cereal
Apple or Apple Juice
1/2 White or Semi Milk

Lunch

Choice of Fruit, Veggie and Milk

Thursday

Breakfast

Breakfast Muffin or Cereal
Apple or Apple Juice
1/2 White or Semi Milk

Lunch

Choice of Fruit, Veggie and Milk

Friday

Breakfast

W/S Donuts or Cereal
Apple or Apple Juice
1/2 White or Semi Milk

Lunch

Choice of Fruit, Veggie and Milk



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
Meal or meat alternative
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

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

ma1066@metzcorp.com
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Breakfast
Pancakes w/Syrup or Cereal
Apple or Apple Juice
1/2 White or Semi Milk

Lunch
Chicken Panini
Rust Beef and Cheddar Sandwich
Steamed Broccoli
Choice of Fruit, Veggie and Milk

Breakfast
Pancakes w/Syrup or Cereal
Apple or Apple Juice
1/2 White or Semi Milk

Lunch
Choice of Fruit, Veggie and Milk

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Breakfast
Sausage Breakfast Pizza or Cereal
Apple or Apple Juice
1/2 White or Semi Milk

Lunch
Walking Tuna
BBQ Pulled Pork Sandwich
Caramelic Cobb
Choice of Fruit, Veggie and Milk

Breakfast
Sausage Breakfast Pizza or Cereal
Apple or Apple Juice
1/2 White or Semi Milk

Lunch
Choice of Fruit, Veggie and Milk

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Breakfast
Cream Cheese Bagel or Cereal
Apple or Apple Juice
1/2 White or Semi Milk

Lunch
Pizza w/Meat Sauce
Cem Dog
Green Beans
Choice of Fruit, Veggie and Milk

Breakfast
Cream Cheese Bagel or Cereal
Apple or Apple Juice
1/2 White or Semi Milk

Lunch
Choice of Fruit, Veggie and Milk

29
Breakfast
Breakfast Muffin or Cereal
Apple or Apple Juice
1/2 White or Semi Milk

Lunch
Drm Nuggets w/ Cheddar Rice
Roasted Cauliflower
Ratatouille
Choice of Fruit, Veggie and Milk

Breakfast
Breakfast Muffin or Cereal
Apple or Apple Juice
1/2 White or Semi Milk

Lunch
Choice of Fruit, Veggie and Milk

30
Breakfast
W/S Donuts or Cereal
Apple or Apple Juice
1/2 White or Semi Milk

Lunch
Ham and Cheese Pinwheel
French Bread Pizza
Diced Corn
Choice of Fruit, Veggie and Milk

Breakfast
Breakfast on a Stick or Cereal
Apple or Apple Juice
1/2 White or Semi Milk

Lunch
Choice of Fruit, Veggie and Milk