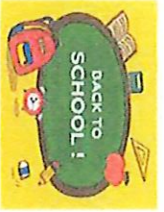




MHY Family Services September 2024



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 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

Beans/Peas
and Lima Beans
Starchy - white potatoes, corn, cauliflower, green peppers, green beans and cabbage

Other Vegetables: celery sticks, cucumbers, 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 Poga 724-602-8168
Email
ma1066@metzcorp.com
USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9 Breakfast Pancakes w/ Syrup or Cereal Apple or Apple Juice 1% White or Skim Milk</p> <p>Lunch Meatballs and Gravy over Pasta BBQ Chicken Tenders Garlic Asparagus Choice of Fruit, Veggie and Milk</p>	<p>3 Breakfast Sausage Breakfast Pizza or Cereal Apple or Apple Juice 1% White or Skim Milk</p> <p>Lunch Fish Tacos Chicken Noodles Latin Inspired Beans Choice of Fruit, Veggie and Milk</p>	<p>4 Breakfast Cream Cheese Bagel or Cereal Apple or Apple Juice 1% White or Skim Milk</p> <p>Lunch Egg and Cheese Maple Flannded French Toast Sausage and Hashbrown Choice of Fruit, Veggie and Milk</p>	<p>5 Breakfast Breakfast Muffin or Cereal Apple or Apple Juice 1% White or Skim Milk</p> <p>Lunch Italian Chicken Sandwich Lasagna Casserole with Breadcrumbs Shredded Corn Choice of Fruit, Veggie and Milk</p>	<p>6 Breakfast WG Donuts or Cereal Apple or Apple Juice 1% White or Skim Milk</p> <p>Lunch Piza Fuddeed Sandwich Balsic Dunkers w/ Spicy Ranch Roasted Zucchini Choice of Fruit, Veggie and Milk</p>
<p>16 Breakfast Pancakes w/ Syrup or Cereal Apple or Apple Juice 1% White or Skim Milk</p> <p>Lunch Spicy Chicken Sandwich Cheesesteak Roasted Potatoes Choice of Fruit, Veggie and Milk</p>	<p>10 Breakfast Sausage Breakfast Pizza or Cereal Apple or Apple Juice 1% White or Skim Milk</p> <p>Lunch Beef or Chicken Soft Tacos Spanish Rice Sweet Corn Salad Choice of Fruit, Veggie and Milk</p>	<p>11 Breakfast Cream Cheese Bagel or Cereal Apple or Apple Juice 1% White or Skim Milk</p> <p>Lunch Stuffed Shells w/ Diner Roll Chicken Quesadilla w/ Peppers & Onions Italian Veggies Choice of Fruit, Veggie and Milk</p>	<p>12 Breakfast Breakfast Muffin or Cereal Apple or Apple Juice 1% White or Skim Milk</p> <p>Lunch Italian Hoagie Pih BBQ Ham Sandwich 3 Bean Salad Choice of Fruit, Veggie and Milk</p>	<p>13 Breakfast WG Donuts or Cereal Apple or Apple Juice 1% White or Skim Milk</p> <p>Lunch Pierogi Meal w/ Bacon, Onions & Cheese Fish Sandwich Garzed Corn Choice of Fruit, Veggie and Milk</p>
<p>17 Breakfast Sausage Breakfast Pizza or Cereal Apple or Apple Juice 1% White or Skim Milk</p> <p>Lunch Toasted Cheese Sandwich Turkey and Cheese Bagel Tomato Soup and Green Beans Choice of Fruit, Veggie and Milk</p>	<p>18 Breakfast Cream Cheese Bagel or Cereal Apple or Apple Juice 1% White or Skim Milk</p> <p>Lunch Tuna Salad Wrap French Dip Salad w/ Au Jus Baked Beans Choice of Fruit, Veggie and Milk</p>	<p>19 Breakfast Breakfast Muffin or Cereal Apple or Apple Juice 1% White or Skim Milk</p> <p>Lunch Mama's Sauce w/ Meatballs or Alfredo Over Pasta w/ Diner Roll Breadcrumbs Choice of Fruit, Veggie and Milk</p>	<p>20 Breakfast Breakfast on a Stick or Cereal Apple or Apple Juice 1% White or Skim Milk</p> <p>Lunch Burger Day! Burger w/ Bacon, Cheese or Plain French Fries Choice of Fruit, Veggie and Milk</p>	<p>21 Breakfast WG Donuts or Cereal Apple or Apple Juice 1% White or Skim Milk</p> <p>Lunch Cheeseburger Macaroni BBQ Ro Sandwich Mixed Veggies Choice of Fruit, Veggie and Milk</p>
<p>22 Breakfast Pancakes w/ Syrup or Cereal Apple or Apple Juice 1% White or Skim Milk</p> <p>Lunch Dino Nuggets w/ Roll Roasted Turkey w/ Gravy Mashed Potatoes Choice of Fruit, Veggie and Milk</p>	<p>23 Breakfast Sausage Breakfast Pizza or Cereal Apple or Apple Juice 1% White or Skim Milk</p> <p>Lunch Wesley Taro Corn Dog Sweet Corn and Tomato-Onion Salad Choice of Fruit, Veggie and Milk</p>	<p>24 Breakfast Sausage Breakfast Pizza or Cereal Apple or Apple Juice 1% White or Skim Milk</p> <p>Lunch Wesley Taro Corn Dog Sweet Corn and Tomato-Onion Salad Choice of Fruit, Veggie and Milk</p>	<p>25 Breakfast Cream Cheese Bagel or Cereal Apple or Apple Juice 1% White or Skim Milk</p> <p>Lunch Adan Day! General Taro's Chicken or Beef and Broccoli over Fried Rice Choice of Fruit, Veggie and Milk</p>	<p>26 Breakfast Breakfast Muffin or Cereal Apple or Apple Juice 1% White or Skim Milk</p> <p>Lunch Chicken Salad Flannded Italian Dunkers w/ Dipping Sauce Mashed Cauliflower Choice of Fruit, Veggie and Milk</p>
<p>27 Breakfast WG Donuts or Cereal Apple or Apple Juice 1% White or Skim Milk</p> <p>Lunch Cheeseburger Macaroni BBQ Ro Sandwich Mixed Veggies Choice of Fruit, Veggie and Milk</p>	<p>28 Breakfast WG Donuts or Cereal Apple or Apple Juice 1% White or Skim Milk</p> <p>Lunch Cheeseburger Macaroni BBQ Ro Sandwich Mixed Veggies Choice of Fruit, Veggie and Milk</p>	<p>29 Breakfast WG Donuts or Cereal Apple or Apple Juice 1% White or Skim Milk</p> <p>Lunch Cheeseburger Macaroni BBQ Ro Sandwich Mixed Veggies Choice of Fruit, Veggie and Milk</p>	<p>30 Breakfast WG Donuts or Cereal Apple or Apple Juice 1% White or Skim Milk</p> <p>Lunch Cheeseburger Macaroni BBQ Ro Sandwich Mixed Veggies Choice of Fruit, Veggie and Milk</p>	<p>1 Breakfast WG Donuts or Cereal Apple or Apple Juice 1% White or Skim Milk</p> <p>Lunch Cheeseburger Macaroni BBQ Ro Sandwich Mixed Veggies Choice of Fruit, Veggie and Milk</p>