

MHY Family Services November 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 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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Monday	Tuesday	Wednesday	Thursday	Friday
<p>28 Breakfast French Toast w/ Syrup or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch Cheddar Cheese Flatbread Quesadilla Cheeseburger Sweet Peas Choice of Fruit Veggie and Milk</p>	<p>29 Breakfast Breakfast Fruit Bar or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch Chicken or Beef Nachos w/ Cheese Sauce Corn on the Cobb Choice of Fruit Veggie and Milk</p>	<p>30 Breakfast Cream Cheese Bagel or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch Cranberry CBR Wrap Tuscan Turkey Club Carrots Choice of Fruit Veggie and Milk</p>	<p>31 Breakfast Egg and Cheese Sandwich or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch Beef Ravioli w/ Sauce BBQ Ham Sandwich Broccoli and Popcorn Choice of Fruit Veggie and Milk</p>	<p>1 Breakfast WG Donuts or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch Meatballs w/ Gravy over Pasta Stuffed Crust Pizza Mixed Veggies Choice of Fruit Veggie and Milk</p>
<p>4 Breakfast Pancakes w/ Syrup or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch Turkey and Cheese Bagel Pierogi Casserole Peas and Carrots Choice of Fruit Veggie and Milk</p>	<p>5 Breakfast Breakfast Fruit Bar or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch Pasta w/ Meat Sauce Ranch Chicken Sandwich Cheesy Veggies Choice of Fruit Veggie and Milk</p>	<p>6 Breakfast Cream Cheese Bagel or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch Roast Beef and Cheddar Sandwich Pepperoni and Cheese Calzone Broccoli Choice of Fruit Veggie and Milk</p>	<p>7 Breakfast Blueberry Breakfast Muffin or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch Ham Egg and Cheese Burrito French Toast w/ Sausage Tator Tots Choice of Fruit Veggie and Milk</p>	<p>8 Breakfast WG Donuts or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch Beef Lasagna Casserole Fish Sandwich Roasted Cauliflower Choice of Fruit Veggie and Milk</p>
<p>11 Breakfast French Toast w/ Syrup or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch Meatball Hoagie Chicken Quesadilla Pizza and Corn Optional Chicken Salad (Limited) Choice of Fruit Veggie and Milk</p>	<p>12 Breakfast Breakfast Fruit Bar or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch Dino Nuggets w/ Roll Corn Dog Baked Beans Choice of Fruit Veggie and Milk</p>	<p>13 Breakfast Cream Cheese Bagel or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch Macaroni and Cheese BBQ Chicken and Cheese Wrap Brussel Sprouts Choice of Fruit Veggie and Milk</p>	<p>14 Breakfast Egg and Cheese Sandwich or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch Chicken Pot Pie BBQ Rib Sandwich Dilled Carrots Choice of Fruit Veggie and Milk</p>	<p>15 Breakfast Breakfast on a Stick or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch Cheese Pizza Sticks w/ Marinara Turkey Bacon Melt Mixed Veggies Choice of Fruit Veggie and Milk</p>
<p>18 Breakfast Pancakes w/Syrup or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch Grilled Cheese BBQ Chicken and Cheese Flatbread Tomato Soup Green Beans Choice of Fruit Veggie and Milk</p>	<p>19 Breakfast Breakfast Fruit Bar or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch Chicken Burrito Walking Taco Buttered Corn Choice of Fruit Veggie and Milk</p>	<p>20 Breakfast Cream Cheese Bagel or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch Beef Stew w/ Breadstick Chicken Salad Croissant Stewed Tomatoes Choice of Fruit Veggie and Milk</p>	<p>21 Breakfast Egg and Cheese Sandwich or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch Spicy Chicken Sandwich Cheeseburger Macaroni Roasted Zucchini Choice of Fruit Veggie and Milk</p>	<p>22 Breakfast WG Donuts or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch Pizza Day! Pepperoni or Cheese French Bread Pizza and Broccoli Choice of Fruit Veggie and Milk</p>