

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

30

Breakfast

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

Lunch

Beef Ravioli w/ Sauce and Roll
Ham and Cheese Pretzel or Croissant
Broccoli Casserole
Choice of Fruit Veggie and Milk

Tuesday

1

Breakfast

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

Lunch

Pulled Pork Nachos
Chicken Soft taco
Sweet Corn
Choice of Fruit Veggie and Milk

Wednesday

2

Breakfast

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

Lunch

Sweet and Sour Meatballs Over Pasta
BBQ Chicken Sandwich
Peas and Carrots
Choice of Fruit Veggie and Milk

Thursday

3

Breakfast

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

Lunch

Patty Melt Sandwich
Chicken Quesidilla Pizza
Green Beans
Choice of Fruit Veggie and Milk

Friday

4

Breakfast

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

Lunch

Tator Tot Casserole
Pepperoni and Cheese Calzone
Carrots and Baked Apples
Choice of Fruit Veggie and Milk

7

Breakfast

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

Lunch

Chicken and Waffles
Pizza Hoagie
Asparagus
Choice of Fruit Veggie and Milk

8

Breakfast

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

Lunch

Walking Taco
Chicken Fajita
Corn on the Cobb
Choice of Fruit Veggie and Milk

9

Breakfast

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

Lunch

Steak and Cheddar Pasta
Italian Grilled Chicken Sandwich
Bacon Green Beans
Choice of Fruit Veggie and Milk

10

Breakfast

Egg and Cheese Breakfast Taco or Cereal
Apple or Apple Juice
1% White or Skim Milk

Lunch

Pierogis w/ Bacon Onions & Cheese
BBQ Rib Sandwich
Mashed Cauliflower
Choice of Fruit Veggie and Milk

11

Breakfast

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

Lunch

Sausage Sandwich w/ Peppers & Onions
Chicken Bacon Ranch Wrap
Brussel Sprouts
Choice of Fruit Veggie and Milk

14



In Service Day!!

15

Breakfast

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

Lunch

Chicken Alfredo
Sloppy Joe Sandwich
Broccoli
Choice of Fruit Veggie and Milk

16

Breakfast

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

Lunch

Chicken Fries w/ Teddy Grahams
Pulled Pork Sandwich
Roasted Sweet Potatoes
Choice of Fruit Veggie and Milk

17

Breakfast

Egg and Cheese Breakfast Taco or Cereal
Apple or Apple Juice
1% White or Skim Milk

Lunch

Italian Beef Hoagie w/Sauce & Cheese
Buffalo Popcorn Chicken w/ Roll
Roasted Cauliflower
Choice of Fruit Veggie and Milk

18

Breakfast

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

Lunch

Salisbury Steak w/ Gravy
Pamesan Crusted Chicken
Garlic Smashed Potatoes
Choice of Fruit Veggie and Milk

21

Breakfast

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

Lunch

Meatless Monday!
Stuffed Shells or Baked Mac n Cheese
Green Beans
Choice of Fruit Veggie and Milk

22

Breakfast

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

Lunch

Beef or Chicken Soft Tacos
Spanish Rice
Street Corn Salad
Choice of Fruit Veggie and Milk

23

Breakfast

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

Lunch

Meatloaf
Buffalo Chicken Wrap
Ranch Potatoes
Choice of Fruit Veggie and Milk

24

Breakfast

Egg and Cheese Breakfast Taco or Cereal
Apple or Apple Juice
1% White or Skim Milk

Lunch

Chili Cheese Dog
Chicken Patty
Mashed Cauliflower
Choice of Fruit Veggie and Milk

25

Breakfast

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

Lunch

Pizza Day!!
French Bread Pizza W/Pepperoni
or Cheese and Dilled Carrots
Choice of Fruit Veggie and Milk