

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
ma1066@metzcorp.com

USDA is an equal opportunity provider and employer



MHY Family Services December 2024



Monday

25

Breakfast

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

Lunch

Stuffed Shells
Italian Chicken Sandwich
Garlic Asparagus
Choice of Fruit Veggie and Milk

Tuesday

26

Breakfast

Breakfast Fruit Bar or Cereal
Apple and Apple Juice
1% White or Skim Milk

Lunch

Roasted Chicken, Mashed Potatoes
Gravy, Sweet Potatoes and Corn
Dinner Roll
Pie for Dessert!!

Wednesday

27

Thanksgiving Break!!

Have a safe and
Happy Holiday!!



Thursday

28



Friday

29



2

Breakfast

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

Lunch

Chicken Patty
Chili Cheese Hot Dog
Baked Beans and Macaroni Salad
Choice of Fruit Veggie and Milk

3

Breakfast

Breakfast Fruit Bar or Cereal
Apple and Apple Juice
1% White or Skim Milk

Lunch

Beef Taco
Steak Burrito w/ Peppers and Onions
Rice and Corn
Choice of Fruit Veggie and Milk

4

Breakfast

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

Lunch

Ham and Cheese Pretzel
Beef and Broccoli over Noodles
Dilled Carrots
Choice of Fruit Veggie and Milk

5

Breakfast

Blueberry Breakfast Muffin or Cereal
Apple and Apple Juice
1% White or Skim Milk

Lunch

Sausage Sandwich
Chicken Salad Flatbread
Tator Tots
Choice of Fruit Veggie and Milk

6

Breakfast

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

Lunch

Pizza Flatbread
Buffalo Popcorn Chicken w/ Roll
Steamed Broccoli
Choice of Fruit Veggie and Milk

9

Breakfast

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

Lunch

Chicken and Waffles
Italian Hoagie
Sweet Peas
Choice of Fruit Veggie and Milk

10

Breakfast

Breakfast Fruit Bar or Cereal
Apple and Apple Juice
1% White or Skim Milk

Lunch

Chicken or Beef Walking Taco
Spanish Rice
Corn on the Cobb
Choice of Fruit Veggie and Milk

11

Breakfast

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

Lunch

Chicken Alfredo
Sloppy Joe Sandwich
Mashed Cauliflower
Choice of Fruit Veggie and Milk

12

Breakfast

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

Lunch

Cheesesteak Sandwich
Chicken Fries w/ Roll
Curly Fries and Green Beans
Choice of Fruit Veggie and Milk

13

Breakfast

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

Lunch

Fish Sticks w/ Crackers
BBQ Rib Sandwich
Mixed Veggies
Choice of Fruit Veggie and Milk

16

Breakfast

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

Lunch

Cheddar Cheese Flatbread Quesadilla
Cheeseburger
Sweet Peas
Choice of Fruit Veggie and Milk

17

Breakfast

Breakfast Fruit Bar or Cereal
Apple and Apple Juice
1% White or Skim Milk

Lunch

Chicken or Beef Nachos
w/ Cheese Sauce
Corn on the Cobb
Choice of Fruit Veggie and Milk

18

Breakfast

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

Lunch

Cranberry CBR Wrap
Tuscan Turkey Club
Carrots
Choice of Fruit Veggie and Milk

19

Breakfast

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

Lunch

Beef Ravioli w/ Sauce
BBQ Ham Sandwich
Broccoli
Choice of Fruit Veggie and Milk

20

Breakfast

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

Lunch

Meatballs w/ Gravy over Pasta
Stuffed Crust Pizza
Mixed Veggies
Choice of Fruit Veggie and Milk