

**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**

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**Email**

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# MHY Family Services March 2025



**Monday**

**24**

**Breakfast**

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

**Lunch**

Steak and Cheddar Pasta  
Chicken Patty  
Roasted Veggies  
Choice of Fruit Veggie and Milk

**Tuesday**

**25**

**Breakfast**

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

**Lunch**

Beef or Chicken Nachos  
With Cheese Sauce  
Street Corn  
Choice of Fruit Veggie and Milk

**Wednesday**

**26**

**Breakfast**

Bagel w/ Cream Cheese or Jelly or Cereal  
Apple and Fruit Juice  
1% White or Skim Milk

**Lunch**

General Tsos Chicken over Pasta  
Ham and Cheese Croissant  
Glazed Carrots  
Choice of Fruit Veggie and Milk

**Thursday**

**27**

**Breakfast**

Belgian Waffle w/ Syrup or Cereal  
Apple and Fruit Juice  
1% White or Skim Milk

**Lunch**

CBR Flatbread  
Salisbury Steak w/ Gravy  
Roasted Ranch Potatoes  
Choice of Fruit Veggie and Milk

**Friday**

**28**

**Breakfast**

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

**Lunch**

Meatball Hoagie  
Fish Sandwich  
Mashed Cauliflower  
Choice of Fruit Veggie and Milk

**3**

**Breakfast**

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

**Lunch**

Cheese Burger  
Sweet and Sour Chicken Wrap  
French Fries  
Choice of Fruit Veggie and Milk

**4**

**Breakfast**

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

**Lunch**

BBQ Pulled Pork Sandwich  
Parm Crusted Chicken  
Macaroni Salad  
Choice of Fruit Veggie and Milk

**5**

**Breakfast**

Bagel w/ Cream Cheese or Jelly or Cereal  
Apple and Fruit Juice  
1% White or Skim Milk

**Lunch**

Cheesesteak w/ Peppers and Onions  
Tuna Melt  
Sweet Peas  
Choice of Fruit Veggie and Milk

**6**

**Breakfast**

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

**Lunch**

Pasta Bar  
Choice of Meat Sauce or Alfredo  
Dinner Roll and Side Salad  
Choice of Fruit Veggie and Milk

**7**

**Breakfast**

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

**Lunch**

Stuffed Crust Pizza  
BBQ Chicken Tenders  
Broccoli Salad  
Choice of Fruit Veggie and Milk

**10**

**Breakfast**

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

**Lunch**

Turkey and Cheese Bagel Sandwich  
Chicken Quesadilla Pizza  
Roasted Garlic Asparagus  
Choice of Fruit Veggie and Milk

**11**

**Breakfast**

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

**Lunch**

Walking Taco  
Sloppy Joe Sandwich  
Steamed Corn  
Choice of Fruit Veggie and Milk

**12**

**Breakfast**

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

**Lunch**

Baked Mac N Cheese  
Buffalo Popcorn Chicken w/ Roll  
Green Beans  
Choice of Fruit Veggie and Milk

**13**

**Breakfast**

Belgian Waffle w/ Syrup or Cereal  
Apple and Fruit Juice  
1% White or Skim Milk

**Lunch**

Roast Beef and Cheddar Sandwich  
Stuffed Shells w/ Dinner Roll  
Roasted Cauliflower  
Choice of Fruit Veggie and Milk

**14**

**Breakfast**

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

**Lunch**

Chicken Pot Pie  
Italian Hoagie  
Steamed Broccoli  
Choice of Fruit Veggie and Milk

**17**

**Breakfast**

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

**Lunch**

Mini Pierogi Meal w/ Cheese, Onions and Bacon or Rib Sandwich  
Dilles Carrots  
Choice of Fruit Veggie and Milk

**18**

**In Service Day**

**No School!!**

**19**

**Breakfast**

Bagel w/ Cream Cheese or Jelly or Cereal  
Apple and Fruit Juice  
1% White or Skim Milk

**Lunch**

Dino Nuggets w/ Roll  
Italian Sausage Sandwich  
Brussel Sprouts  
Choice of Fruit Veggie and Milk

**20**

**Breakfast**

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

**Lunch**

Beef Lasagna w/ Dinner Roll  
Italian Chicken Sandwich  
Broccoli  
Choice of Fruit Veggie and Milk

**21**

**Breakfast**

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

**Lunch**

Pepperoni Pizza Sticks w/ Sauce  
Fish Nuggets w/ Crackers  
Green Beans  
Choice of Fruit Veggie and Milk