

# MHY Family Services

## April/May 2025



### 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

**21**

Breakfast



### Tuesday

**22**

Breakfast

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

### Lunch

Tuna Salad Croissant  
 Sweet and Sour Meatballs w/ Pasta  
 Mixed Veggies  
 Choice of Fruit Veggie and Milk

### Wednesday

**23**

Breakfast

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

### Lunch

BBQ Chicken Wrap  
 Roast Beef and Cheddar Sandwich  
 Carrots  
 Choice of Fruit Veggie and Milk

### Thursday

**24**

Breakfast

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

### Lunch

Fish Sticks w/ Crackers  
 Chicken Alfredo  
 Garlic Asparagus  
 Choice of Fruit Veggie and Milk

### Friday

**25**

Breakfast

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

### Lunch

Cheese Pizza Sticks w/ Sauce  
 Ham and Cheese Bagel Sandwich  
 Broccoli  
 Choice of Fruit Veggie and Milk

**28**

Breakfast

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

### Lunch

Chicken and Waffles  
 Sloppy Joe  
 Green Beans  
 Choice of Fruit Veggie and Milk

**29**

Breakfast

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

### Lunch

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

**30**

Breakfast

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

### Lunch

Chicken Patty  
 Salisbury Steak w/ Gravy  
 Oven Baked Ranch Potatoes  
 Choice of Fruit Veggie and Milk

**1**

Breakfast

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

### Lunch

Mini Corn Dogs  
 Meatball Hoagie  
 Brussel Sprouts  
 Choice of Fruit Veggie and Milk

**2**

Breakfast

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

### Lunch

Stuffed Crust Pizza  
 Buffalo Popcorn Chicken w/ Roll  
 Dilled Carrots  
 Choice of Fruit Veggie and Milk

**5**

Breakfast

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

### Lunch

Breakfast for Lunch!  
 French Toast Sticks, Egg  
 Sausage and Hashbrowns  
 Choice of Fruit Veggie and Milk

**6**

Breakfast

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

### Lunch

Walking Taco  
 Chicken Quesadilla Pizza  
 Steamed Corn  
 Choice of Fruit Veggie and Milk

**7**

Breakfast

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

### Lunch

Mac N Cheese  
 Pulled Pork Sandwich  
 Green Beans  
 Choice of Fruit Veggie and Milk

**8**

Breakfast

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

### Lunch

Cheeseburger  
 Stuffed Shells w/ Dinner Roll  
 Baked Beans  
 Choice of Fruit Veggie and Milk

**9**

Breakfast

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

### Lunch

French Bread Pizza  
 Hot Dog  
 Glazed Carrots  
 Choice of Fruit Veggie and Milk

**12**

Breakfast

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

### Lunch

Rib Sandwich  
 Grilled Cheese w/ Tomato Soup  
 Green Beans  
 Choice of Fruit Veggie and Milk

**13**

Breakfast

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

### Lunch

Beef Tacos  
 Corn Dog  
 Corn on the Cobb  
 Choice of Fruit Veggie and Milk

**13**

Breakfast

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

### Lunch

Dino Nuggets w/ Roll  
 Italian Hoagie  
 Tator Tots  
 Choice of Fruit Veggie and Milk

**14**

Breakfast

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

### Lunch

Pasta w/ Meat Sauce  
 Italian Chicken Sandwich  
 Broccoli  
 Choice of Fruit Veggie and Milk

**15**

Breakfast

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

### Lunch

Spicy Chicken Sandwich  
 Pepperoni and Cheese Calzone  
 Carrots  
 Choice of Fruit Veggie and Milk