

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



Monday

19

Breakfast

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

Lunch

Cheeseburger Macaroni
Chicken Patty
Sweet Peas
Choice of Fruit Veggie and Milk

Tuesday

20

Breakfast

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

Lunch

Chicken Soft Taco
Mini Corn Dogs
Street Corn
Choice of Fruit Veggie and Milk

Wednesday

21

Breakfast

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

Lunch

BBQ Chicken Wrap
French Dip Sub w/ Aus Jus
Glazed Carrots
Choice of Fruit Veggie and Milk

Thursday

22

Breakfast

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

Lunch

Cheese Ravioli w/ Sauce and Breadstick
Chicken Salad Flatbread
Broccoli Salad
Choice of Fruit Veggie and Milk

Friday

23

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

26



27

Breakfast

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

Lunch

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

28

Breakfast

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

Lunch

BBQ Pulled Pork Sandwich
Stuffed Crust Pizza
Carrots
Choice of Fruit Veggie and Milk

29

Breakfast

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

Lunch

Picnic Day!!
Burgers, Hot Dogs
Baked Beans Macaroni Salad
Choice of Fruit Veggie and Milk

30



Have an
awesome
Summer!

