

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

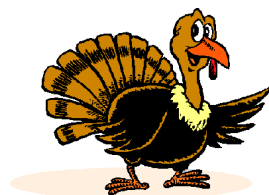
General Manager

Lynn Paga 724-602-8168

Email

ma1066@metzcorp.com

USDA is an equal opportunity provider and employer



Monday

17

Dino Nuggets w/ Roll
or
Pulled Pork Sandwich

Green Beans
Choice of Fruit Veggie
and Milk

Tuesday

18

Walking Taco
or
Corndog

Sweet Corn
Choice of Fruit Veggie
and Milk

Wednesday

19

Meatball Hoagie
or
Italian Chicken
Sandwich

Roasted Potatoes
Choice of Fruit Veggie
and Milk

Thursday

20

Chicken Alfredo
or
Ham and Cheese Pretzel

Steamed Broccoli
Choice of Fruit Veggie
and Milk

Friday

21

French Bread Pizza
or
Fish Sticks w/ Crackers

Peas and Carrots
Choice of Fruit Veggie
and Milk

24

Mac n Cheese
or
BBQ Chicken Tenders

Baked Beans
Choice of Fruit Veggie
and Milk

25

Chicken Patty Sandwich
or
Beef Lasagna

Carrots
Choice of Fruit Veggie
and Milk

26

Thanksgiving Meal!
Turkey, Ham, Potatoes
Gravy, Stuffing, Roll
Sweet Potato Casserole
Dessert
Choice of Fruit Veggie
and Milk

27



28

1

Beef and Cheddar
Sandwich
or
French Bread Pizza

Cheesy Veggies
Choice of Fruit Veggie
and Milk

2

Chicken Quesadilla Pizza
or
Beef Soft Taco

Corn on the Cobb
Choice of Fruit Veggie
and Milk

3

Buffalo Popcorn
Chicken w/ Roll
or
Cheeseburger Mac

Mashed Cauliflower
Choice of Fruit Veggie
and Milk

4

BBQ Chicken Wrap
or
Sloppy Joe Sandwich

Broccoli Casserole
Choice of Fruit Veggie
and Milk

5

Pizza Wrap
or
Steak and Cheddar
Pasta

Green Beans
Choice of Fruit Veggie
and Milk

8

Spicy Chicken Sandwich
or
Cheesesteak Hoagie

Sweet Potato Fries
Choice of Fruit Veggie
and Milk

9

Chicken and Waffles
w/ Svrup
or
Mini Corn Dogs

Brussel Sprouts
Choice of Fruit Veggie
and Milk

10

Toasted Cheese w/
Tomato Soup
or
Italian Hoagie

Macaroni Salad
Choice of Fruit Veggie
and Milk

11

Pasta w/ Meat Sauce
or
Rib Sandwich

Broccoli
Choice of Fruit Veggie
and Milk

12

Pierogis w/ Bacon
Cheese and Onions
or
Turkey and Cheese
Croissant

Garlic Asparagus
Choice of Fruit Veggie
and Milk

