

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

Minimum of $\frac{1}{2}$ cup serving of fruit or a minimum of a $\frac{1}{2}$ cup of vegetable must accompany a reimbursable lunch

Meat or Meat Alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Fruit
Grain/Bread

Choice of Milk- 1% White or 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, mandarin oranges, and 100% fruit juices

LEAVE YOUR LUNCHBOX AT HOME!

DAILY ALTERNATES.

Daily entrée options may include:
Sunbutter and Jelly on whole grain Sliced Bread, Gluten free alternative

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

MHY Family Services



December/January Breakfast

Monday

Tuesday

Wednesday

Thursday

Friday

<p>15</p> <p>Pancakes w/ Syrup Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk</p>	<p>16</p> <p>Mini Cini Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk</p>	<p>17</p> <p>Cream Cheese Bagel Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk</p>	<p>18</p> <p>Breakfast Pizza Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk</p>	<p>19</p> <p>WG Donuts Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk</p>
<p>Merry Christmas!!</p>	<p></p>	<p></p>	<p>Happy New Year!!</p>	<p></p>
<p>5</p> <p>Pancakes w/ Syrup Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk</p>	<p>6</p> <p>Mini Cini Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk</p>	<p>7</p> <p>Cream Cheese Bagel Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk</p>	<p>8</p> <p>Breakfast Pizza Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk</p>	<p>9</p> <p>WG Donuts Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk</p>
<p>12</p> <p>Pancakes w/ Syrup Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk</p>	<p>13</p> <p>Breakfast Wrap Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk</p>	<p>14</p> <p>Cream Cheese Bagel Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk</p>	<p>15</p> <p>Blueberry Waffle Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk</p>	<p>16</p> <p>WG Donuts Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk</p>