

What is a Meal?

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

Minimum of ½ cup serving of fruit or a minimum of a ½ 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
15 Pancakes w/ Syrup Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	16 Mini Cini Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	17 Cream Cheese Bagel Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	18 Breakfast Pizza Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	19 WG Donuts Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk
	Merry Christmas!!		Happy New Year!!	
5 Pancakes w/ Syrup Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	6 Mini Cini Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	7 Cream Cheese Bagel Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	8 Breakfast Pizza Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	9 WG Donuts Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk
12 Pancakes w/ Syrup Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	13 Breakfast Wrap Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	14 Cream Cheese Bagel Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	15 Blueberry Waffle Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk	16 WG Donuts Or Cereal Choice Apple and Fruit Juice 1% White or Skim Milk