

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

15

Cheese Quesadilla Wrap
or
Sweet and Sour Chicken
over Noodles

Glazed Carrots
Choice of Fruit Veggie
and Milk

Tuesday

16

Taco Day!!
Chicken or Beef Taco
Spanish Rice

Steamed Corn
Choice of Fruit Veggie
and Milk

Wednesday

17

Salisbury Steak w/ Gravy
or
Parm Crusted Chicken

Scalloped Potatoes
Choice of Fruit Veggie
and Milk

Thursday

18

Stuffed Shells w/ Roll
or
CBR Flatbread

Italian Veggie Mix
Choice of Fruit Veggie
and Milk

Friday

19

Chicken Patty
Sandwich

Steamed Broccoli

Choice of Fruit Veggie
and Milk



Have a safe and

Happy Holiday!!



5

Tator Tot Casserole
or
Chicken Fries w/ Roll

Dilled Carrots
Choice of Fruit Veggie
and Milk

6

French Toast Sticks
w/ Sausage and Srur
or
Cheeseburger

Steamed Broccoli
Choice of Fruit Veggie
and Milk

7

BBQ Chicken Sandwich
or
Chili Cheese Hot Dog
Potato Salad

Baked Beans
Choice of Fruit Veggie
and Milk

8

Cheese Ravioli w/ Sauce
or

Chicken and Broccoli
Pita
Cauliflower
Choice of Fruit Veggie
and Milk

9

Stuffed Crust Pizza
or
Turkey Bacon Melt

Roasted Veggies
Choice of Fruit Veggie
and Milk

12

Dino Nuggets w/ Roll
or
Pulled Pork Sandwich

Cheesy Briccoli Rice
Choice of Fruit Veggie
and Milk

13

Wakling Taco
or
Corn Dog

Sweet Corn
Choice of Fruit Veggie
and Milk

14

Meatball Hoagie
or
Italian Chicken
Sandwich

Roasted Potatoes
Choice of Fruit Veggie
and Milk

15

Chicken Alfredo
or
Ham and Cheese Pretzel

Green Beans
Choice of Fruit Veggie
and Milk

16

French Bread Pizza
or
Fish Sandwich

Peas and Carrots
Choice of Fruit Veggie
and Milk

