

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

MHY Family Services

December/January



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 Srvup 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 Itialian 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