

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

January/February Breakfast



Monday

Tuesday

Wednesday

Thursday

Friday

19

Martin Luther King Jr Day!



20

Mini Cini
Or Cereal Choice
Apple and Fruit Juice
1% White or Skim Milk

21

Cream Cheese Bagel
Or Cereal Choice
Apple and Fruit Juice
1% White or Skim Milk

22

Breakfast Pizza
Or Cereal Choice
Apple and Fruit Juice
1% White or Skim Milk

23

WG Donuts
Or Cereal Choice
Apple and Fruit Juice
1% White or Skim Milk

26

Pancakes w/ Syrup
Or Cereal Choice
Apple and Fruit Juice
1% White or Skim Milk

27

Breakfast Wrap
Or Cereal Choice
Apple and Fruit Juice
1% White or Skim Milk

28

Cream Cheese Bagel
Or Cereal Choice
Apple and Fruit Juice
1% White or Skim Milk

29

Blueberry Waffle
Or Cereal Choice
Apple and Fruit Juice
1% White or Skim Milk

30

WG Donuts
Or Cereal Choice
Apple and Fruit Juice
1% White or Skim Milk

2

Pancakes w/ Syrup
Or Cereal Choice
Apple and Fruit Juice
1% White or Skim Milk

3

Mini Cini
Or Cereal Choice
Apple and Fruit Juice
1% White or Skim Milk

4

Cream Cheese Bagel
Or Cereal Choice
Apple and Fruit Juice
1% White or Skim Milk

5

Breakfast Pizza
Or Cereal Choice
Apple and Fruit Juice
1% White or Skim Milk

6

WG Donuts
Or Cereal Choice
Apple and Fruit Juice
1% White or Skim Milk

9

Pancakes w/ Syrup
Or Cereal Choice
Apple and Fruit Juice
1% White or Skim Milk

10

Breakfast Wrap
Or Cereal Choice
Apple and Fruit Juice
1% White or Skim Milk

11

Cream Cheese Bagel
Or Cereal Choice
Apple and Fruit Juice
1% White or Skim Milk

12

Blueberry Waffle
Or Cereal Choice
Apple and Fruit Juice
1% White or Skim Milk

13

WG Donuts
Or Cereal Choice
Apple and Fruit Juice
1% White or Skim Milk