

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

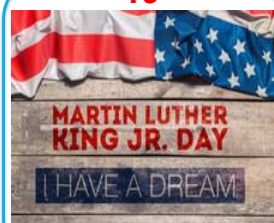
ma1066@metzcorp.com

USDA is an equal opportunity provider and employer



Monday

19



Tuesday

20

Chicken Patty
or
Beef and Cheddar
Sandwich

Carrots
Choice of Fruit Veggie
and Milk

Wednesday

21

Cheeseburger Mac
or
Chicken Quesadilla
Pizza

Bacon Green Beans
Choice of Fruit Veggie
and Milk

Thursday

22

Sausage Sandwich
w/ Peppers and Onions
or
Fish Nuggets w/ Roll

Cheesy Veggies
Choice of Fruit Veggie
and Milk

Friday

23

French Bread Pizza
or
Chicken Fajita Wrap

Roasted Zucchini
Choice of Fruit Veggie
and Milk

26

Popcorn Chicken w/ Roll
or
Pulled Pork Sandwich

Seasoned Potatoes
Choice of Fruit Veggie
and Milk

27

Bullalo Chicken
Flatbread
or
Beef Soft Taco

Corn
and Milk

28

BBQ Ham Sandwich
or
French Toast Sticks
w/ Sausage

Baked Beans
Choice of Fruit Veggie
and Milk

29

Spicy Chicken Patty
or
Lasagna w/ Breadstick

Cauliflower
Choice of Fruit Veggie
and Milk

30

Stuffed Shells w/
Breadstick
or
Turkey Corn Dog

Choice of Fruit Veggie
and Milk

2

BBQ Chicken Wrap
or
Cheese Steak Hoagie

Garlic Asparagus
Choice of Fruit Veggie
and Milk

3

Beef and Broccoli
Over Noodles
or
Mini Corn Dogs

Brussel Sprouts
Choice of Fruit Veggie
and Milk

4

Chicken Pot Pie
or
Sloppy Joe
Sandwich

Three Ban Salad
Choice of Fruit Veggie
and Milk

5

Pasta w/ Meatsauce
or
Tuna Salad Wrap

Broccoli
Choice of Fruit Veggie
and Milk

6

Pizza Wrap
or
Ham and Cheese
Croissant

Seasoned Fries
Choice of Fruit Veggie
and Milk

7

Cheese Quesadilla Wrap
or
Sweet and Sour Chicken
Over Noodles

Sweet Peas
Choice of Fruit Veggie
and Milk

8

Taco Day!
Chicken or Beef Soft Taco
Spanish Rice

Corn on the Cobb
Choice of Fruit Veggie
and Milk

9

Salisbury Steak w/ Gravy
or
Parm Crusted Chicken
Breaded Butter Noodles

Green Beans
Choice of Fruit Veggie
and Milk

10

Stuffed Shells w/ Roll
or
CBR Flatbread

Italian Veggie Mix
Choice of Fruit Veggie
and Milk

11

Fish Sandwich
or
Pepperoni Pizza
Sticks w/ Sauce

Dilled Carrots
Choice of Fruit Veggie
and Milk



MHY Family Services Jan/Feb Lunch Menu