

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
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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 Fruut 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/ Sauceee

Dilled Carrots
Choice of Fruit Veggie and Milk

MHY Family Services

Jan/Feb Lunch Menu

