



MHY Family Services March 2026



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

LEAVE Your milk and fruit 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

2

Cheeseburger
or
Corn dog

Choice of Fruit Veggie
and Milk

Tuesday

3

Chicken Patty Sandwich
or
Chicken Quessadilla
Pizza

Corn on the Cobb
Choice of Fruit Veggie
and Milk

Wednesday

4

Buffalo Chicken
Flatbread
or
Toasted Cheese

Tomato Soup
Choice of Fruit Veggie
and Milk

Thursday

5

Mac N Cheese
or
BBQ Chicken Tenders

Garlic Asparagus
Choice of Fruit Veggie
and Milk

Friday

6

French Bread Pizza
or
Fish Sandwich

Mixed Veggies
Choice of Fruit Veggie
and Milk

9

Cheese Quesadilla Wrap
or
Sweet and Sour
Chicken over Pasta

Sweet Peas
Choice of Fruit Veggie
and Milk

10

Taco Day!
Beef or Chicken Taco
Rice

Street Corn
Choice of Fruit Veggie
and Milk

11

Salisbury Steak w/ Gravy
or
Parm Crusted Chicken
Buttered Noodles

Green Beans
Choice of Fruit Veggie
and Milk

12

Stuffed Shells w/ Roll
or
Chicken Bacon Ranch
Wrap

Veggie Mix
Choice of Fruit Veggie
and Milk

13

Spicy Chicken
or
Pizza Sticks w/
Dipping Sauce

Honey Glazed Carrots
Choice of Fruit Veggie
and Milk

16

Popcorn Chicken w/ Roll
or
MHY Craveable-
Breadstick Dippers
String Cheese & Peaches

Mashed Potatoes
Choice of Fruit Veggie
and Milk

17

Beef and Cheese
Quesadilla
MHY Craveable-
Breadstick Dippers
String Cheese & Peaches
Refried Beans

Choice of Fruit Veggie
and Milk

18



19

Chicken Patty
MHY Craveable-
Breadstick Dipper
**String Cheese & Peaches
Corn**

Choice of Fruit Veggie
and Milk

20

Pep Pizza Flatbread
MHY Craveable-
Breadstick Dipper
**String Cheese and
Peaches**
Roasted Zucchini

Choice of Fruit Veggie
and Milk

23

Tuekey and Cheese Wrap
MHY Craveable-
Yogurt, String Cheese
Crackers and Apple
Juice

French Fries
Choice of Fruit Veggie
and Milk

24

Mac N Cheese
MHY Craveable-
Yogurt, String Cheese
Crackers and Apple
Juice

Green Beans
Choice of Fruit Veggie
and Milk

25

Hot Dog
MHY Craveable-
Yogurt, String Cheese
Crackers and Apple Juice

Mashed Potatoes
Choice of Fruit Veggie
and Milk

26

Toasted Cheese
MHY Craveable-
Yogurt, String Cheese
Crackers and Apple Juice
Tomato Soup

Corn Salad
Choice of Fruit Veggie
and Milk

27

Cheese Pizza Bagel
MHY Craveable-
Yogurt, String Cheese
Crackers and Apple juice

Sweet Potato Fries
Choice of Fruit Veggie
and Milk