

# MHY Family Services

## April 26 Breakfast



### What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

Minimum of ½ cup serving of fruit or a minimum of a ½ 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

ma1066@metzcorp.com

USDA is an equal opportunity provider and employer

Monday	Tuesday	Wednesday	Thursday	Friday
13 Pancakes w/ Syrup Or Cereal Choice Apple and Fruit Juice Milk Choice	14 Cherry Strudel Or Cereal Choice Apple and Fruit Juice Milk Choice	15 Cream Cheese Bagel Or Cereal Choice Apple and Fruit Juice Milk Choice	16 Breakfast Pizza Or Cereal Choice Apple and Fruit Juice Milk Choice	17 WG Donuts Or Cereal Choice Apple and Fruit Juice Milk Choice
20 Pancakes w/ Syrup Or Cereal Choice Apple and Fruit Juice Milk Choice	21 Cherry Strudel Or Cereal Choice Apple and Fruit Juice Milk Choice	22 Cream Cheese Bagel Or Cereal Choice Apple and Fruit Juice Milk Choice	23 Blueberry Waffle Or Cereal Choice Apple and Fruit Juice Milk Choice	24 WG Donuts Or Cereal Choice Apple and Fruit Juice Milk Choice
27 Pancakes w/ Syrup Or Cereal Choice Apple and Fruit Juice Milk Choice	28 Cherry Strudel Or Cereal Choice Apple and Fruit Juice Milk Choice	29 Cream Cheese Bagel Or Cereal Choice Apple and Fruit Juice Milk Choice	30 Breakfast Pizza Or Cereal Choice Apple and Fruit Juice Milk Choice	1 WG Donuts Or Cereal Choice Apple and Fruit Juice Milk Choice
4 Pancakes w/ Syrup Or Cereal Choice Apple and Fruit Juice Milk Choice	5 Cherry Strudel Or Cereal Choice Apple and Fruit Juice Milk Choice	6 Cream Cheese Bagel Or Cereal Choice Apple and Fruit Juice Milk Choice	7 Breakfast Pizza Or Cereal Choice Apple and Fruit Juice Milk Choice	8 WG Donuts Or Cereal Choice Apple and Fruit Juice Milk Choice

**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**

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MHY Craveable  
 Option all Month!  
 Bagel, Yogurt,  
 Cheese Stick,  
 Juice., YUMMY!

# MHY Family Services

## April 2026 Lunch



**Monday**

**13**

Spicy or Plain  
 Chicken Pattv  
 or  
 Italian Hoagie

Potato Salad  
 Choice of Fruit Veggie  
 and Milk

**Tuesday**

**14**

Taco Day!!  
 Chicken or Beef  
 Soft Taco  
**Spanish Rice**

Com  
 Choice of Fruit Veggie  
 and Milk

**Wednesday**

**15**

Meatball Hoagie  
 or  
 Italian Chicken  
 Sandwich

Mashed Cauliflower  
 Choice of Fruit Veggie  
 and Milk

**Thursday**

**16**

Chicken Alfredo  
 or  
 Cheese Quesadilla  
 Wrap

Dilled Carrots  
 Choice of Fruit Veggie  
 and Milk

**Friday**

**17**

Stuffed Crust Pizza  
 or  
 Rib Sandwich

Three Bean Salad  
 Choice of Fruit Veggie  
 and Milk

**20**

Chicken and Waffles  
 w/ Syruin  
 or  
 Pulled Pork  
 Sandwich

Mixed Veggies  
 Choice of Fruit Veggie  
 and Milk

**21**

Cheeseburger Mac  
 w/ Roll  
 or  
 Chicken Quesadilla  
 Flatbread

Broccoli  
 Choice of Fruit Veggie  
 and Milk

**22**

BBQ Chicken Wrap  
 or  
 Fish Sandwich

Brussel Sprouts  
 Choice of Fruit Veggie  
 and Milk

**23**

Stuffed Shells w/ Roll  
 or  
 Mini Corn Dogs

Green Beans  
 Choice of Fruit Veggie  
 and Milk

**24**

Cheese Calzone  
 w/ Marinara  
 or  
 Sloppy Joe

Dilled Carrots  
 Choice of Fruit Veggie  
 and Milk

**27**

French Toast Sticks  
 w/ Sausage and Syruin  
 or  
 Ham Egg and Cheese  
 Wrap

Diced Potatoes  
 Choice of Fruit Veggie  
 and Milk

**28**

Beef Soft Taco  
 or  
 Buffalo Chicken  
 Flatbread

Sweet Peas  
 Choice of Fruit Veggie  
 and Milk

**29**

Beef and Cheddar Wrap  
 or  
 Chicken Tenders  
 w/ Roll

Roasted Zucchini  
 Choice of Fruit Veggie  
 and Milk

**30**

Pasta w/ Meat Sace  
 or  
 Chicken Salad  
 Flatbread

Green Beans  
 Choice of Fruit Veggie  
 and Milk

**1**

Pizza Sticks w/  
 Dinnina Sauce  
 or  
 Patty Melt

Asparagus  
 Choice of Fruit Veggie  
 and Milk

**4**

Chicken Nuggets  
 w/ Dinner Roll  
 or

Turkey/Ham Pretzel  
**Smshed Potatoes**  
 Choice of Fruit Veggie  
 and Milk

**5**

Cheeseburger  
 or  
 Hot Dog

**French Fries**  
 Choice of Fruit Veggie  
 and Milk

**6**

Lasagna Roll Up  
 w/ Dinner Roll  
 or

Tuna Salad Wrap  
**Green Beans**  
 Choice of Fruit Veggie  
 and Milk

**7**

Cheesesteak Hoagie  
 w/ Penners & Onions  
 or

Ham BBQ  
**Macaroni Salad**  
 Choice of Fruit Veggie  
 and Milk

**8**

Pierogis w/ Cheese  
 Bacon and Onions  
 or

**Broccoli**  
 Choice of Fruit Veggie  
 and Milk