

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, lowfat chocolate and lowfat Strawberry



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!!

Lynn Paga GM

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MHY Family Services September 2026 lunch



Monday

Craveables
Weeks 1-2
Breadstick Dippers, Cheese Stick and Apple Slices

Weeks 3-4
Cheese Stick, Turkey Pepperoni, Goldfish, Baby Carrots

Tuesday

1

Mac n Cheese
or
Walking Taco w/
Pretzel Stick
Green Beans
Side Salad
Choice of Fruit Veggie
and Milk

Wednesday

2

Hot Dog on a Roll
or
Cheeseburger
Mashed Potatoes
Side Salad
Choice of Fruit Veggie
and Milk

Thursday

3

Toasted Cheese Sandwich
or
Buffalo Chicken and
Cheese Flatbread
Tomato Soup
Choice of Fruit Veggie
and Milk

Friday

4

BBQ Ribby on a Bun
or
Stuffed Crust Pizza
Side Salad
Roasted Sweet
Potatoes
Choice of Fruit Veggie
and Milk

7



8

Corn Dog
or
Chicken and Biscuit

Side Salad
Roasted Potatoes
Choice of Fruit Veggie
and Milk

9

Chicken and Cheese Quesadilla
or
Black Bean and
Cheese Burrito
Steamed Corn
Choice of Fruit Veggie
and Milk

10

Breakfast for Lunch!
Choice of Waffles or
Pancakes Served w/
Cheesy Scrambled Eggs

Tator Triangles
Choice of Fruit Veggie
and Milk

11

Buffalo Chicken Dip
w/ Tortilla Chips
or
Pizza Sticks w/ Sauce
Side Salad
Roasted Veggies
Choice of Fruit Veggie
and Milk

14

Pasta w/ Meatballs
or
Hot Honey Chicken
Sandwich
Garlic Green Beans
Choice of Fruit Veggie
and Milk

15

Beef Soft Tacos
or
Nachos Grande
Lettuce Tomato Salsa
Sour Cream
Choice of Fruit Veggie
and Milk

16

Pulled Pork Sandwich
or
Italian Chicken on
a Roll
Side Salad
Glazed Carrots
Choice of Fruit Veggie
and Milk

17

Chicken Tenders
w/ Soft Pretzel
or
Italian Toaster
Sandwich
Curly Fries
Choice of Fruit Veggie
and Milk

18

Cheese Quesadilla
Flatbread
or
Pepperoni Pizza
Side Salad
Honey Sweet Potatoes
Choice of Fruit Veggie
and Milk

21

Chicken Tenders w/
Mini Waffles
or
Classic Sloppy Joe
Side Salad
Sidewinder Fries
Choice of Fruit Veggie
and Milk

22

Chicken Patty on a Bun
or
Walking Taco
With Pretzel Stick
Side Salad
Mexican Corn
Choice of Fruit Veggie
and Milk

23

Chicken Alfredo
w/ Breadstick
or
Turkey and Cheese
Hoagie
Broccoli and Side Salad
Choice of Fruit Veggie
and Milk

24

Bacon Cheeseburger
or
Toasted Cheese

Side Salad
Tator Tots
Choice of Fruit Veggie
and Milk

25



Pizza Day!!
Choose From Cheese,
Pepperoni or
Buffalo Chicken Pizza
Side Salad
Choice of Fruit Veggie
and Milk