

MHY Family Services

September 2026 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

lynn.paga@metzcorp.com

USDA is an equal opportunity provider and employer

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Sausage Egg and Cheese Maple Flatbread Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	2 Cream Cheese Bagel Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	3 Breakfast Pizza Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	4 WG Donuts Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk
7 No School! Have a Safe Labor Day!	8 Sausage Egg and Cheese Maple Flatbread Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	9 Cream Cheese Bagel Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	10 Breakfast Pizza Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	11 WG Donuts Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk
14 Breakfast on a Stick Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	15 Sausage Egg and Cheese Maple Flatbread Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	16 Cream Cheese Bagel Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	17 Breakfast Pizza Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	18 WG Donuts Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk
21 Breakfast on a Stick Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry 1% White	22 Sausage Egg and Cheese Maple Flatbread Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	23 Cream Cheese Bagel Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	24 Breakfast Pizza Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	25 WG Donuts Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk