

MHY Family Services

October 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



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
28 Chocolate Chip French Toast Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	29 Egg and Cheese Wrap Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	30 Cream Cheese Bagel Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	1 Blueberry Waffles w/ Syrup Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	2 WG Donuts Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk
5 Chocolate Chip French Toast Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	6 Egg and Cheese Wrap Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	7 Cream Cheese Bagel Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	8 Blueberry Waffles w/ Syrup Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	9 WG Donuts Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk
12 NO SCHOOL FOR STUDENTS	13 Egg and Cheese Wrap Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	14 Cream Cheese Bagel Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	15 Blueberry Waffles w/ Syrup Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	16 WG Donuts Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk
19 Chocolate Chip French Toast Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	20 Egg and Cheese Wrap Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	21 Cream Cheese Bagel Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	22 Blueberry Waffles w/ Syrup Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	23 WG Donuts Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk