

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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Monday

28

Cheeseburger
or
Cheese Ravioli
w/ Sauce
Lettuce Tomato Onion
Steamed Broccoli
Choice of Fruit Veggie
and Milk

Tuesday

29

Cheesy Nachos
w/ Ranch Bean Dip
or
Chicken Soft Taco
Lettuce Salsa Sour Cream
Sweet Corn
Choice of Fruit Veggie
and Milk

Wednesday

30

French Toast Sticks
w/ Sausage Links
or
Egg and Cheese
Breakfast Wrap
Hashbrowns
Choice of Fruit Veggie
and Milk

Thursday

1

Cheesesteak Hoagie
w/ Peppers and Onions
or
Mac n Cheese
Garlic Asparagus
Choice of Fruit Veggie
and Milk

Friday

2

Pizza Pierogis
or
Buffalo Popcorn
Chicken w/ Roll
Side Salad
Baked Beans
Choice of Fruit Veggie
and Milk

9

Toasted Pizza
Flatbread Sandwich
or
Italian Dunkers
w/ Marinara
Roasted Zucchini
Sour Candy Pears
Choice of Fruit Veggie
and Milk

8

Hot Ham and Cheese
on a Pretzel Roll
or
Cheese Stuffed Shells
w/ Sauce
Side Salad
Green Beans
Choice of Fruit Veggie
and Milk

7

Pulled Chicken
Soft Tacos
or
Beef Enchilada
Lettuce Tomato
Sour Cream
Corn
Choice of Fruit Veggie
and Milk

6

FOOD HOLIDAY!
National Noodle Day
Pasta with Choice of
Meat Sauce or
Alfredo Sauce and Roll
Steamed Broccoli
Choice of Fruit Veggie
and Milk

5

General Tsos Chicken
w/ Rice
or
Chicken Patty
on a Roll
Side Salad
Oriental Veggies
Choice of Fruit Veggie
and Milk

16

BBQ Ribby
Sandwich
or
Stuffed Crust Pizza

Side Salad
Sweet Peas
Choice of Fruit Veggie
and Milk

15

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

14

Chili Cheese
Hot Dog
or
Cheeseburger
Lettuce Tomato
Onion and Relish
Roasted Potatoes
Choice of Fruit Veggie
and Milk

13

Cheeseburger
Macaroni
or
Chicken Quesadilla
Pizza
Mexican Street Corn
Choice of Fruit Veggie
and Milk

12

Italian Meatballs and
Cheese on a Roll
or
Chicken Nuggets
w/ Dinner Roll
Mashed Potatoes
Choice of Fruit Veggie
and Milk

23

Buffalo Chicken Dip
Over Tortilla Chips
or
Cheese Pizza Sticks
w/ Dipping Sauce

Roasted Veggies
Choice of Fruit Veggie
and Milk

22

Breakfast For Lunch!
Choice of Waffles or
Pancakes
Cheesy Eggs
Sausage

Hashbrowns
Choice of Fruit Veggie
and Milk

21

Three Cheese Calzone
w/ Dipping Sauce
or
Turkey and Cheese
Croissant

Candied Pears
Choice of Fruit Veggie
and Milk

20

Chicken and Cheese
Quesadilla
or
Black Bean Burrito
Lettuce Tomato
Salsa Sour Cream
Corn
Choice of Fruit Veggie
and Milk

19

Corn Dog
or
Chicken and Biscuit
Side Salad
Mashed Potatoes
Choice of Fruit Veggie
and Milk



MHY Family Services October 2026 Lunch