MHY Family Services

November 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
26 Chocolate Chip French Toast Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	**27** Egg and Cheese Wrap Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	28 Cream Cheese Bagel Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	29 Blueberry Waffles w/ Syrup Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	30 WG Donuts Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk
2 Chocolate Chip French Toast Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	3 Egg and Cheese Wrap Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	4 Cream Cheese Bagel Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	5 Blueberry Waffles w/ Syrup Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	6 WG Donuts Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk
9 Chocolate Chip French Toast Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	10 Egg and Cheese Wrap Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	11 Cream Cheese Bagel Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	12 Blueberry Waffles w/ Syrup Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	13 WG Donuts Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk
16 Chocolate Chip French Toast Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	17 Egg and Cheese Wrap Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	18 Cream Cheese Bagel Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	19 Blueberry Waffles w/ Syrup Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk	20 WG Donuts Cereal Choice Apple and Fruit Juice Lowfat Chocolate Strawberry or 1% White Milk