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
724-602-8168
lynn.paga@metzcorp.com



MHY Family Services November 2026 Lunch

Metz

Monday	Tuesday	Wednesday	Thursday	Friday
26 Pasta w/ Meatballs or Pulled Pork Sandwich Side Salad Mixed Veggies Choice of Fruit Veggie and Milk	**27** Walking Taco or Chicken Nachos Lettuce Salsa Sour Cream Corn Choice of Fruit Veggie and Milk	**28** Fish Sandwich or Hot Honey Chicken Sandwich Broccoli Choice of Fruit Veggie and Milk	**29** Itialian Toaster Sandwich or Chicken Tenders **w/ Soft Pretzel** Curly Fries Choice of Fruit Veggie and Milk	**30** Cheese Quesadilla Flatbread or Pepperoni Pizza Honey Cinnamon Sweet Potatoes Choice of Fruit Veggie and Milk
2 Sloppy Joe or Chicken Nuggets w/ Roll Green Beans Choice of Fruit Veggie and Milk	**3** Chicken Patty Sandwich or Beef Nachos Sweet Corn Choice of Fruit Veggie and Milk	**4** Chicken Alfredo with Breadstick or Cheeseburger Lettuce Tomato Pickle Broccoli Choice of Fruit Veggie and Milk	**5** Meatball Hoagie or Itialian Chicken Sandwich Tator Tots Choice of Fruit Veggie and Milk	**6** French Bread Pizza or Corn Dog Side Salad Garlic Green Beans Choice of Fruit Veggie and Milk
9 Ham and Cheese Pretzel or Cheese Ravioli w/ Marinara **Side Salad** Broccoli Choice of Fruit Veggie and Milk	**10** Cheesy Nachos with Ranch Refried Bean Dip or Chicken Soft Taco **Lettuce Salsa Sour Cream** Three Bean Salad Choice of Fruit Veggie and Milk	**11** French Toast Sticks w/ Sausage Links or Egg and Cheese Breakfast Biscuit Hashbrowns Choice of Fruit Veggie and Milk	**12** Cheesesteak Hoagie w/ Peppers and Onions or Mac N Cheese Side Salad BBQ Baked Beans Choice of Fruit Veggie and Milk	**13** Buffalo Popcorn Chicken w/ Roll or Cheese Pizza Sticks **w/ Sauce** Honey Glazed Carrots Choice of Fruit Veggie and Milk
16 General Tso's Chicken Over Rice or Chicken Patty Steamed Broccoli Choice of Fruit Veggie and Milk	**17** Pulled Chicken Soft Tacos or Beef Enchilada Lettuce Salsa Sour Cream Fried Rice Choice of Fruit Veggie and Milk	**18** Sausage Egg and Cheese Waffle Sandwich or Mini Pancakes and Eggs Hashbrowns Choice of Fruit Veggie and Milk	**19** Ham and Cheese Pretzel or Beef and Cheddar Wrap Mashed Potatoes Choice of Fruit Veggie and Milk	**20** Toasted Pizza Flatbread or Itialian Dunkers w/ Sauce **Side Salad** Roasted Zucchini Choice of Fruit Veggie and Milk