

What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price. A 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, fat-free white, chocolate, vanilla and strawberry

Weekly Vegetable Subgroups May Include:

Dark Green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
Legumes - beans and peas
Starchy - potatoes, corn, peas & lima beans
Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selections May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Leave Your Lunch at Home

Daily entrée options may include:
Cheese Burger on a Bun
Chicken Patty on a Bun
Chicken Nuggets with Pretzel Stick
Cheese or Pepperoni Pizza

UP FOR GRABS

Chicken Caesar Salad with Dinner Roll
Strawberry Spinach Salad with Dinner Roll
Weekly Featured Salad such as:
Asian Salad
BBQ Chicken Salad
Taco Salad
Daily Wraps Include:
Ham & Cheese Wrap or Turkey & Cheese Wrap
Weekly Featured Wraps May Include:
Asian BBQ Chicken Wrap
Chicken Caesar Wrap
Club Sandwich Wrap
Turkey & Cheese Flat Bread
Buffalo Chicken Roll Up Wrap
Turkey & Spinach Roll Up Wrap

"METZ GRILLE"



Lunch Prices
Student \$2.50
Reduced \$.40


Milk \$0.65
**Director of Food Service
Bonnie Felton / Debbie Helstern**

[724-253-3255 x.1228](tel:724-253-3255)

USDA is an equal opportunity provider and employer.

Apply Today to become a substitute cafeteria worker

Wk6

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Ziti & Meatballs Cowboy Burger Featured Veggies: Steamed Green Beans Fresh Cukes Choice of Fruit & Milk	Chicken Fajita Turkey & Cheese on a Pretzel Roll Featured Veggies: Sweet Potatoes Celery Choice of Fruit & Milk	General Tso's/Rice Meatball Hoagie Featured Veggies: Steamed Broccoli Red Pepper Strips Choice of Fruit & Milk	Chicken Alfredo Texas Toasted Grilled Cheese Featured Veggies: Tomato Soup Baby Carrots Choice of Fruit & Milk	Vegetable Pizza Jacked Up Fries Featured Veggies: Refried Beans Spinach Salad Choice of Fruit & Milk
9	10	11	12	13
Vacation Day  National School Lunch Week October 9-13	Hot Italian Sausage Hoagie BBQ Ribby on Bun Featured Veggies: Tator Tots Caesar Salad Choice of Fruit & Milk	Walking Taco Spicy Chicken Patty on Bun Featured Veggies: Sweet Corn Spinach Salad Choice of Fruit & Milk	Hot Turkey Sandwich Chili Dog on Bun Featured Veggies: Mashed Potatoes Fresh Carrots Choice of Fruit & Milk	Buffalo Chicken Quesadilla Chicken Nuggets/ Dinner Roll Featured Veggies: Baked Beans Romaine Salad Choice of Fruit & Milk
16	17	18	19	20
French Toast Stick with Sausage Patty Sloppy Joe on Bun Featured Veggies: Hash Brown Patty Baby Carrots Choice of Fruit & Milk	Nacho's w/ Meat & Cheese Cheeseburger on Bun Featured Veggies: Refried Beans Coleslaw Choice of Fruit & Milk	Popcorn Chicken Bowl Hot Ham & Cheese Croissant Featured Veggies: Mashed Potatoes/corn Fresh Broccoli Choice of Fruit & Milk	Hamburger on Bun Spicy Chicken Patty on Bun Featured Veggies: Orange Glazed Carrots Celery Choice of Fruit & Milk	Kielbasa & Pierogies Bacon Cheeseburger on Bun Featured Veggies: Green Beans Cukes/ Tomato Choice of Fruit & Milk
23	24	25	26	27
Fiestada Pizza Ranchero Chicken Patty on Bun Featured Veggies: Seasoned French Fries Black Bean Choice of Fruit & Milk	Philly Steak & Cheese on Roll Hamburger on Bun Featured Veggies: Spicy Sweet Potatoes Red Pepper Strips Choice of Fruit & Milk	Hot Dog on a Bun Popcorn Chicken Featured Veggies: Baked Beans Carrots Choice of Fruit & Milk	Chicken in Gravy over Biscuit Cheeseburger on Bun Featured Veggies: Mashed Potatoes Carrots Choice of Fruit & Milk	BBQ Pork Sandwich Chicken Nuggets Featured Veggies: Steamed Broccoli Cukes Choice of Fruit & Milk
30	31	1	2	3
French Toast Stick w/Sausage Patty Cheeseburger on Bun Featured Veggies: Hash Brown Patty Carrots Choice of Fruit & Milk	Nacho Grande Meatball Hoagie Featured Veggies: Refried Beans Cherry Tomatoes Choice of Fruit & Milk	Lasagna Roll -up w/ Garlic Bread Stick BBQ Rib Sandwich Featured Veggies: Steamed Broccoli Garden Salad Choice of Fruit & Milk	Boneless Wings Ham & Cheese on Pretzel Roll Featured Veggies: Tator Tots Celery Choice of Fruit & Milk	No School Act 80 Day
4	5	6	7	8
Stuffed Crust Pizza Chicken Parmesan Featured Veggies: Curly Fries Carrots Choice of Fruit & Milk	Beef & Cheese Burrito Chicken Patty on Bun Featured Veggies: Refried Beans Salad Choice of Fruit & Milk	Spaghetti & Meatballs w/ Garlic Bread Stick Grilled Chicken Breast Featured Veggies: Steamed Zucchini Romaine Salad Choice of Fruit & Milk	Popcorn Chicken Bowl Chicken Nuggets w/ Dinner Roll Featured Veggies: Mashed Potatoes/Corn Carrots/Celery Choice of Fruit & Milk	Italian Dunkers Featured Veggies: Mexicala Corn Tomato Wedge Choice of Fruit & Milk