

MONDAY
10/3/2022

TUESDAY
10/4/2022

WEDNESDAY
10/5/2022

THURSDAY
10/6/2022

FRIDAY
10/7/2022

cheffresh fresh • made • goodness • to • go **MTO SALAD AND SANDWICH BAR**

<p>Entrée</p> <p>Ziti Pasa with Meatballs and Garlic Bread</p> <p>FEATURED VEGGIES Mixed Vegetables Potato Salad Choice of Fruit Choice of Milk</p> <p>10/10/2022</p>	<p>Entrée</p> <p>Beef Nacho Grande</p> <p>FEATURED VEGGIES Ranch Refried Beans Ranchero Carrots Choice of Fruit Choice of Milk</p> <p>10/11/2022</p>	<p>Entrée</p> <p>BBQ Pulled Pork Sandwich</p> <p>FEATURED VEGGIES Sweet Potato Fries Ranch Cauliflower Bites Choice of Fruit Choice of Milk</p> <p>10/12/2022</p>	<p>Entrée</p> <p>Loaded Bacon and Cheddar Pierogis</p> <p>FEATURED VEGGIES Steamed Corn Side Salad Choice of Fruit Choice of Milk</p> <p>10/13/2022</p>	<p>Entrée</p> <p>Bagged Lunch! Ham and Cheese Sandwich or Uncrustable</p> <p>FEATURED VEGGIES Bag of Chips Celery/Carrot Sticks Choice of Fruit Choice of Milk</p> <p>10/14/2022</p>
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 <p>Entrée</p> <p>Walking Taco with Pretzel Stick</p> <p>FEATURED VEGGIES Steamed Green Beans Lettuce and Tomato Cup Choice of Fruit Choice of Milk</p> <p>10/17/2022</p>	<p>Entrée</p> <p>Italian Meatballs and Cheese on a Toasted Baguette</p> <p>FEATURED VEGGIES Mashed Potatoes Honey Glazed Carrots Choice of Fruit Choice of Milk</p> <p>10/18/2022</p>	<p>Entrée</p> <p>Texas Toasted Cheese Sandwich</p> <p>FEATURED VEGGIES Tomato Soup Mixed Vegetables Choice of Fruit Choice of Milk</p> <p>10/19/2022</p>	<p>Entrée</p> <p>Pepperoni Pizza Baeles</p> <p>FEATURED VEGGIES Curly Fries Chickpea Salad Choice of Fruit Choice of Milk</p> <p>10/20/2022</p>	<p>Entrée</p> <p>Pepperoni Pizza Baeles</p> <p>FEATURED VEGGIES Curly Fries Chickpea Salad Choice of Fruit Choice of Milk</p> <p>10/21/2022</p>
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<p>Entrée</p> <p>Pancom Chicken Bowl with Dinner Roll</p> <p>FEATURED VEGGIES Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p> <p>10/24/2022</p>	<p>Entrée</p> <p>VEG FEST! Black Bean Burser on a Bun</p> <p>FEATURED VEGGIES Vegetable Soup Cauliflower Rice Choice of Fruit Choice of Milk</p> <p>10/25/2022</p>	<p>Entrée</p> <p>Asian Sesame Chicken over Fried Rice</p> <p>FEATURED VEGGIES Mixed Vegetables Coleslaw Choice of Fruit Choice of Milk</p> <p>10/26/2022</p>	<p>Entrée</p> <p>Buffalo Chicken Din over Tortilla Chips</p> <p>FEATURED VEGGIES Roasted Zucchini Cucumber and Tomato Salad Choice of Fruit Choice of Milk</p> <p>10/27/2022</p>	<p>Entrée</p> <p>Cheese or Pepperoni Calzone</p> <p>FEATURED VEGGIES Cheesy Broccoli French Fries Choice of Fruit Choice of Milk</p> <p>10/28/2022</p>
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<p>Entrée</p> <p>Chicken Salad Croissant</p> <p>FEATURED VEGGIES Steamed Green Beans Potato Salad Choice of Fruit Choice of Milk</p> <p>10/31/2022</p>	<p>Entrée</p> <p>BBQ Pulled Pork Sandwich</p> <p>FEATURED VEGGIES Garlic Red Potatoes Roasted Asparagus Choice of Fruit Choice of Milk</p> <p>11/1/2022</p>	<p>Entrée</p> <p>Cowboy Burger with Cheese and BBQ Sauce</p> <p>FEATURED VEGGIES Onion Rings Steamed Carrots Choice of Fruit Choice of Milk</p> <p>11/2/2022</p>	<p>Entrée</p> <p>"County Fair Day" Corn Dogs with Pretzel Sticks</p> <p>FEATURED VEGGIES Cheesy Fries Coleslaw Choice of Fruit Choice of Milk</p> <p>11/3/2022</p>	<p>Entrée</p> <p>Pepperoni Pizza</p> <p>FEATURED VEGGIES Macaroni Salad Steamed Corn Choice of Fruit Choice of Milk</p> <p>11/4/2022</p>
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<p>Entrée</p> <p>Sloppy Joe on a WG Bun</p> <p>FEATURED VEGGIES BBQ Baked Beans BBQ Chickpeas Choice of Fruit Choice of Milk</p> <p>11/7/2022</p>	<p>Entrée</p> <p>Chicken Nuggets with Buttered Noodles</p> <p>FEATURED VEGGIES Ranch Cauliflower Bites Curly Fries Choice of Fruit Choice of Milk</p> <p>11/8/2022</p>	<p>Entrée</p> <p>Beef Tacos on Soft or Hard Tortilla Shell</p> <p>FEATURED VEGGIES Coleslaw Tater Tots Choice of Fruit Choice of Milk</p> <p>11/9/2022</p>	<p>Entrée</p> <p>Pasta Bar Chicken Alfredo over Penne with Garlic Bread</p> <p>FEATURED VEGGIES Steamed Broccoli Celery Sticks with Ranch Choice of Fruit Choice of Milk</p> <p>11/10/2022</p>	<p>Entrée</p> <p>Fiestada Pizza</p> <p>FEATURED VEGGIES Oven Fries Cucumber Slices Choice of Fruit Choice of Milk</p> <p>11/11/2022</p>
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<p>Entrée</p> <p>Chicken and Gravy over Biscuits</p> <p>FEATURED VEGGIES Mashed Potatoes Mixed Vegetables Choice of Fruit Choice of Milk</p>	<p>Entrée</p> <p>Grilled Teriyaki Chicken With Egg Roll</p> <p>FEATURED VEGGIES Fried Rice Roasted Asparagus Choice of Fruit Choice of Milk</p>	<p>Entrée</p> <p>Deli Day Italian Hoagies on Whole Grain Bun</p> <p>FEATURED VEGGIES Mac and Cheese Coleslaw Choice of Fruit Choice of Milk</p>	<p>Entrée</p> <p>Popcorn Chicken Bowl with Dinner Roll</p> <p>FEATURED VEGGIES Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p>Entrée</p> <p>Buffalo Chicken Pizza</p> <p>FEATURED VEGGIES Macaroni Salad Steamed Green Beans Choice of Fruit Choice of Milk</p>
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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

Daily Vegetable Choices May Include:

- Spinach, Broccoli, Romaine Salad, Spring Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Lima Beans, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans, Cabbage and Green Peppers

Daily Fruit Choices May Include:

- Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges

Tried and True Line:

- Daily entrée options may include: Cheeseburger on a Bun, Hamburger on a Bun, Chicken Patty on a Bun, Spicy Chicken Patty on a Bun, Cheese or Pepperoni Pizza

Lunch Prices:

- Student \$
- Reduced \$
- Adult \$ 4.25

General Manager
Kristen Carson
metzfoods@cpanthers.org
724.253.3255 ext 1228

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