



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, and fat-free chocolate

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.**

Fresh Entree Salad of the Week



Craveable of the Week, which could include:

Make your Own Pizza, Yogurt Cheese stick and Crackers, Breadstick Dipper, and Super Fruit.



All Student Lunches are Free

All a la carte and 2nd lunches are regular price
Adult Lunch 3.90

Debbie Lear, Food Service Director
814-542-2518 #126 ma1037@metzcorp.com
USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Pizza Friday!
<p>1</p>	<p>2</p> <p>Turkey Club on wheat bread or Cheesesteak on a roll</p> <p>Featured Veggies: Red Pepper Strips Choice of Fruit Choice of Milk Chicken Noodle Soup</p>	<p>3</p> <p>Chicken & Waffles or Corn Dog</p> <p>Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p>4</p> <p>Loaded Tator Tots with Breadstick or Monte Cristo Sandwich on french toast</p> <p>Featured Veggies: Tator Tots Chic Peas Choice of Fruit Choice of Milk</p>	<p>5</p> <p>Pepperoni Pizza or Buffalo Chicken Flatbread with a roll</p> <p>Featured Veggies: Baked Beans Romaine Salad Choice of Fruit Choice of Milk</p>
<p>8</p> <p>Chicken Sandwich on a roll or Breakfast Sandwich</p> <p>Featured Veggies: Tomato Slices Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p>9</p> <p>Toasted Cheese Sandwich or Nachos Grande Tortilla Chips</p> <p>Featured Veggies: Tomato Soup Tater Tots Choice of Fruit Choice of Milk</p>	<p>10</p> <p>Macaroni & Cheese with Breadstick or Turkey & Cheese Hoagie</p> <p>Featured Veggies: Steamed Peas Tomato Wedges Choice of Fruit Choice of Milk</p>	<p>11</p> <p>Corn Dog or Chicken Tenders w/ Soft Pretzel</p> <p>Featured Veggies: Curly Fries Baked Beans Choice of Fruit Choice of Milk</p>	<p>12</p> <p>Cheese Pizza or Meatball Sub on a roll</p> <p>Featured Veggies: Scalloped Potatoes Chic Peas Salad Choice of Fruit Choice of Milk</p>
<p>15</p> <p>Chicken Quesadilla or BBQ Ribby On a Bun</p> <p>Featured Veggies: Tater Tots Baby Carrots Choice of Fruit Choice of Milk</p>	<p>16</p> <p>Walking Taco Pretzel Sticks or Turkey Ranch Wrap</p> <p>Featured Veggies: Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>17</p> <p>Chicken Alfredo w/ qarlic stick or Pizza Bagel</p> <p>Featured Veggies: Steamed Green Beans Celery Sticks Choice of Fruit Choice of Milk</p>	<p>18</p> <p>Stromboli or Cheeseburger on a roll</p> <p>Featured Veggies: Steamed Broccoli Chic Pea Salad Choice of Fruit Choice of Milk</p>	<p>19</p> <p>Pepperoni Pizza or Turkey & Cheese on a bun</p> <p>Featured Veggies: Steamed Carrots Romaine Salad Choice of Fruit Choice of Milk</p>
<p>22</p> <p>Pizza Casserole with a breadstick or Hot Dog on a roll</p> <p>Featured Veggies: Steamed Green Beans Tomato Wedges Choice of Fruit Choice of Milk</p>	<p>23</p> <p>Toasted Cheese Sandwich or Sweet Italian Sausage on a bun</p> <p>Featured Veggies: Tomato Soup Celery Sticks Choice of Fruit Choice of Milk</p>	<p>24</p> <p>Chicken Mash Potato Bowl with a Dinner Roll or Sloppy Joe on a roll</p> <p>Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p>25</p> <p>Italian Dunkers or Ham & Cheese on a pretzel roll</p> <p>Featured Veggies: Red Pepper Strips Choice of Fruit Choice of Milk Chicken Noodle Soup</p>	<p>26</p> <p>Cheese Pizza or Fish Sticks with a pretzel stick</p> <p>Featured Veggies: Steamed Carrots Romaine Salad Choice of Fruit Choice of Milk</p>
<p>29</p> <p>Spaghetti & Meatballs with a breadstick or Ham & Cheese on a bun</p> <p>Featured Veggies: Steamed Green Beans Tomato Wedges Choice of Fruit</p>	<p>30</p> <p>Bacon Cheeseburger on a bun or French Toast Sticks</p> <p>Featured Veggies: Hash Brown Tomato Wedges Choice of Fruit</p>			