

Kistler Elem.

April 2025



MOUNT UNION APRIL 2025 ELEMENTARY LUNCH MENU

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.

Nutritious Friends
Look for our Nutritious Friend of the Month on the menu!!
This Month.....

All Student Lunches are Free

All a la carte and 2nd lunches are regular price
Adult Lunch 4.75

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

Monday	Tuesday	Wednesday	Thursday	Pizza Friday!
	1 Turkey Club or Chef's Choice Featured Veggies: Seasoned Rice Cherry Tomatoes Choice of Fruit Choice of Milk	2 Chicken Alfredo with Breadstick or Corn Dog Featured Veggies: Steamed Peas Carrot Sticks Choice of Fruit Choice of Milk	3 Cheese Steak On a Roll or Turkey & Cheese on a roll Featured Veggies: Tater Tots Chic Pea Salad Choice of Fruit Choice of Milk	4 Pepperoni Pizza or Fish Nuggets w/ Roll Featured Veggies: Baked Zucchini Steamed Carrots Choice of Fruit Choice of Milk
7 Chicken Nuggets w/ Roll or BBQ Rib Sandwich on a roll Featured Veggies: Scalloped Potatoes Red Pepper Strips Choice of Fruit Choice of Milk	8 Toasted Cheese Sandwich or Hot dog On a roll Featured Veggies: Tomato Soup Tater Tots Choice of Fruit Choice of Milk	9 Meatball Sub on a Roll or Turkey & Cheese Hoagie Featured Veggies: Steamed Green Beans Tomato Wedges Choice of Fruit Choice of Milk	10 Corn Dog or Chicken Patty on a roll Featured Veggies: Curly Fries Baked Beans Choice of Fruit Choice of Milk	11 Pepperoni Pizza or Cheeseburger On a Bun Featured Veggies: Steamed Corn Fresh Broccoli Choice of Fruit Choice of Milk
14 Pizza Casserole with a Garlicstick or Chef's Choice Featured Veggies: Romaine Salad Tomato Wedges Choice of Fruit Choice of Milk	15 Ham & Cheese Sandwich on a Pretzel Roll or Pulled Pork on a roll Featured Veggies: Chili Red Pepper Strips Choice of Fruit Choice of Milk	16 Easter Meal Baked Ham w/ Stuffing or Hot Dog on a roll Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit & Milk Easter Treat	17 No School	
	22 Walking Taco or Turkey Ranch Wrap Featured Veggies: Refried Beans Cherry Tomatoes Choice of Fruit Choice of Milk	23 Chicken & Waffles or Chef's Choice Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	24 Stromboli or Cheeseburger on a Bun Featured Veggies: Steamed Broccoli Chic Pea Salad Choice of Fruit Choice of Milk	25 Cheese Pizza or Fish Sandwich on a Bun Featured Veggies: Sweet Potatoes Cucumber Slices Choice of Fruit Choice of Milk
28 Lasagna with a Garlicstick or Hot Dog on a Roll Featured Veggies: Steamed Green Beans Broccoli Choice of Fruit Choice of Milk	29 Toasted Cheese Sandwich or Sloppy Joe on a Bun Featured Veggies: Tomato Soup Celery Sticks Choice of Fruit Choice of Milk	30 Cheeseburger Macaroni w/ Dinner Roll or Chef's Choice Featured Veggies: Steamed Peas Baby Carrots Choice of Fruit Choice of Milk		