



May  
2025

# KISTLER MAY 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

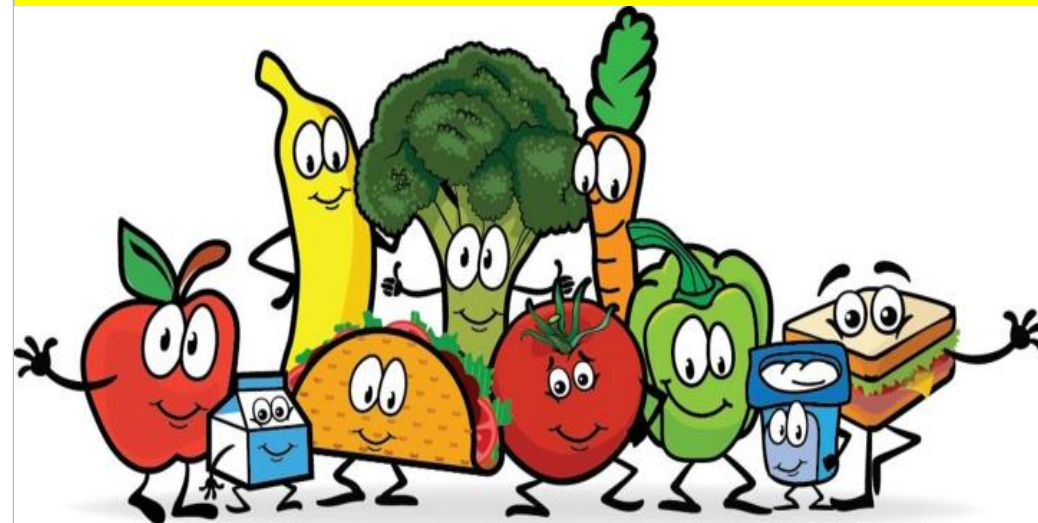
## Daily Fruit Selection May Include:

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

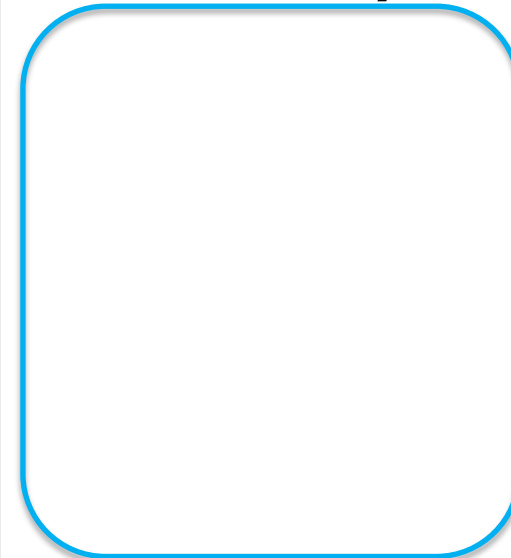
**Look for our Nutritious Friend of the Month on the menu!!  
This Month.....**

## 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



5

Pizza Casserole  
with a Garlicstick  
or  
Corn Dog

### Featured Veggies:

Green Beans  
Tomato Wedges  
Choice of Fruit  
Choice of Milk

12

Mac & Cheese  
with a Garlicstick  
or  
Meatball Sub  
on a roll

### Featured Veggies:

Steamed Green Beans  
Celery Sticks  
Choice of Fruit  
Choice of Milk

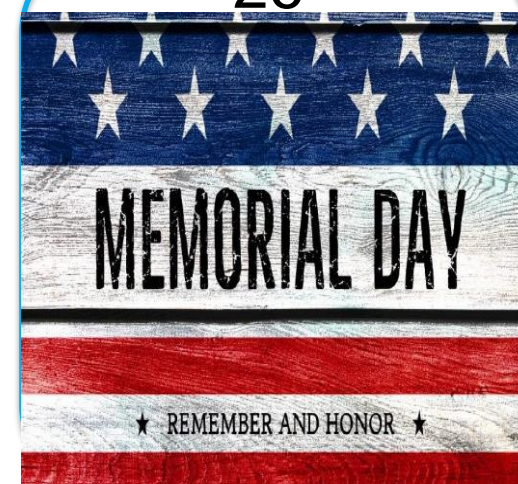
19

Chicken Nuggets  
w/ Roll  
or  
BBQ Rib  
on a roll

### Featured Veggies:

Scalloped Potatoes  
Red Pepper Strips  
Choice of Fruit  
Choice of Milk

26



## Tuesday



6

Turkey Club  
or  
Pulled Pork  
on a roll

### Featured Veggies:

Chicken Noodle Soup  
Red Pepper Strips  
Choice of Fruit  
Choice of Milk

13

Toasted  
Cheese Sandwich  
or  
Hot dog  
On a roll

### Featured Veggies:

Tomato Soup  
Carrots  
Choice of Fruit  
Choice of Milk

20

Walking Taco  
or  
Turkey Ranch Wrap

### Featured Veggies:

Refried Beans  
Cherry Tomatoes  
Choice of Fruit  
Choice of Milk

27

Bacon Cheeseburger  
on a Bun  
or

Corn Dog

### Featured Veggies:

Tater Tots  
Fresh Broccoli  
Choice of Fruit  
Choice of Milk

## Wednesday



7

Chicken Mash Potato Bowl  
with a Dinner Roll  
or  
Sloppy Joe  
on a Bun

### Featured Veggies:

Mashed Potatoes  
Steamed Corn  
Choice of Fruit  
Choice of Milk

14

Chicken Alfredo  
w/ Garlicstick  
or  
Turkey Hoagie

### Featured Veggies:

Steamed Peas  
Tomato Wedges  
Choice of Fruit  
Choice of Milk

21

Chicken & Waffles  
or  
Cowboy Burger  
on a bun

### Featured Veggies:

Mashed Potatoes  
Steamed Corn  
Choice of Fruit  
Choice of Milk

28

Chicken Patty  
or  
Buffalo Chicken Flatbread

### Featured Veggies:

Steamed Corn  
Carrot Sticks  
Choice of Fruit  
Choice of Milk

## Thursday

1

Chicken & Cheese  
Quesadilla  
or

Beef Taco

### Featured Veggies:

Tater Tots  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

8

Spring Picnic  
Baked Chicken  
or  
Cheeseburger or Hot Dog  
Pasta Salad

### Featured Veggies:

Scalloped Potatoes  
Fresh Veggies  
Choice of Fruit  
Choice of Milk

15

Corn Dog  
or  
Chicken Patty  
on a roll

### Featured Veggies:

Curly Fries  
Tossed Salad  
Choice of Fruit  
Choice of Milk

22

Stromboli  
or  
Italian Dunkers

### Featured Veggies:

Curly Fries  
Baby Carrots  
Choice of Fruit  
Choice of Milk

## Pizza Friday!

2

Pepperoni Pizza  
or  
Buffalo Chicken Flatbread

### Featured Veggies:

Side Salad  
Steamed Carrots  
Choice of Fruit  
Choice of Milk

9

Cheese Pizza  
or  
BBQ Rib  
Sandwich

### Featured Veggies:

Steamed Broccoli  
Chick Pea Salad  
Choice of Fruit  
Choice of Milk

16

Pepperoni Pizza  
or  
Nachos Grande

### Featured Veggies:

Steamed Corn  
Fresh Broccoli  
Choice of Fruit  
Choice of Milk

23

Cheese Pizza  
or  
Fish Nuggets  
w/ Dinner Roll

### Featured Veggies:

Cheesy Broccoli  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

