



Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal? Students must choose at least 3 of the 4 components available for the school breakfast price. - Choice of Whole Grain - Choice of Protein - Choice of Fruit or Vegetable - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast. Whole Grain Cereals <i>(served with graham crackers)</i> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, fat-free chocolate, (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (VG) Vegan <i>These items do not contain any animal products</i>
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4	5	6	7	8	
11	12	13	14	15	
18	19	20	21	22	
		Breakfast Pizza	Chocolate Chip French Toast	Apple Strudel	
		Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	
25	26	27	28	29	
Mini Cinni Rolls	Bacon, Egg & Cheese Croissant	Apple Pie Smoothie Bowl with Graham Crackers	French Toast Sticks with Syrup	Breakfast Banana Split Pancake & Sausage on a Stick	
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	
Meal Prices Student Breakfast Free Extra Breakfast \$1.50 Faculty Breakfast \$3.00					 

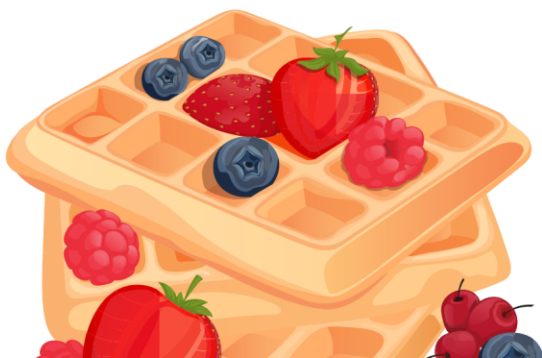
Tina Werner, General Manager
814-542-2518 ext. 126
ma1037@metzcorp.com

Meal Prices

Student Breakfast Free
Extra Breakfast \$1.50
Faculty Breakfast \$3.00



Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.



Monday	Tuesday	Wednesday	Thursday	Friday	<div>What is a Meal?</div> <p>Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none">- Choice of Whole Grain- Choice of Protein- Choice of Vegetable- Choice of Fruit- Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <div>Choice of Vegetable</div> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <div>Choice of Fruit</div> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <div>Choice of Milk</div> <p>1% white, fat-free white, fat-free chocolate,</p> <div>Daily Alternates</div> <p>Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches & Wraps</p> <div>(V) Vegetarian</div> <p>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</p> <div>(VG) Vegan</div> <p>These items do not contain any animal products</p>
				1	
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		Popcorn Chicken Mashed Potato Bowl with Roll Corn Dog FEATURED VEGGIES Steamed Corn Broccoli Salad	Grilled Ham & Cheese Sandwich Classic Toasted Cheese Sandwich (V) FEATURED VEGGIES Tomato Soup Celery Sticks	Chicken Patty on a Bun Pulled Pork Sandwich FEATURED VEGGIES Glazed Carrots Cucumber & Tomato Salad	
25	26	27	28	29	
Italian Meatball & Cheese on Toasted Baguette Italian Dunkers with Sauce (V) FEATURED VEGGIES Green Beans Baby Carrots	Pepper Steak Bowl with Lo Mein Noodles Soft Chicken Taco With Toppings FEATURED VEGGIES Sweet Chili Brussels Strawberry Spinach Salad	Cowboy Burger Black Bean Burger (V) FEATURED VEGGIES Curly Fries Sliced Cucumbers	Chicken Cheesesteak with Pickled Red Onions Sloppy Joe FEATURED VEGGIES Crinkle Cut Oven Fries Fresh Grape Tomatoes	Loaded Pierogies Customizable for (V) Nachos Grande FEATURED VEGGIES Roasted Sweet Potato Chickpea Salad	

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Meal Prices

Student Lunch

Extra Lunch

Faculty Lunch

Free

\$3.00

\$4.75





Meal Prices

Student Lunch	Free
Extra Lunch	\$3.00
Faculty Lunch	\$4.75



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