

PARTY PUMPKIN

Meet Your Nutritious Friend:
Party Pumpkin

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1	2	3
Mini Maple Pancakes	Breakfast Pizza	Egg, Sausage & Cheese Maple Flatbread	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	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers
6	7	8	9	10
Mini Cini Rolls	Chocolate Donuts	Apple Pie Smoothie Bowl with Graham Crackers	French Toast Sticks with Syrup	Breakfast Banana Split
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
13	14	15	16	17
Mini Blueberry Donut Holes	Breakfast Pizza	Egg & Cheese Croissant	Eggo Froot Loop Waffles	Strawberries & Cream Overnight Oats Cup 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	Assorted Cereals or Cereal Bar with Graham Crackers
20	21	22	23	24
Glazed Dunkin Sticks	Breakfast Scrambler	Strawberries & Cream Smoothie Bowl with Graham Crackers	French Toast Sticks with Syrup	Dutch Waffle
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
27	28	29	30	31
Mini Blueberry Pancakes	Breakfast Pizza	Breakfast Scramble Bowl	Yogurt Parfait	Breakfast Banana Split
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

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 (served with graham crackers)

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 chocolate,

(V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan

These items do not contain any animal products

Mount Union Area school District

Tina Werner, General Manager

814-542-2518 ext. 126

ma1037@metzcorp.com

Meal Prices

Student Breakfast

Extra Breakfast

Faculty Breakfast

Free

\$1.50

\$3.00



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

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Monday	Tuesday	Wednesday	Thursday	Friday
29 Chicken & Mashed Potato Bowl with Roll Hot Ham & Cheese on Pretzel Bun FEATURED VEGGIES Mashed Potatoes Baby Carrots	30 Fish Tacos on Soft Tortillas Nachos Grande over Tortilla Chips FEATURED VEGGIES Refried Beans Tomato Salad	1 Egg & Cheese Waffle Flatbread Sandwich Mini Maple Pancakes with Sausage Patties FEATURED VEGGIES Hash Brown Potato Fresh Cucumber Slices	2 Italian Dunkers with Sauce Cheese Lasagna with Garlic Breadstick FEATURED VEGGIES Steamed Corn Romaine Salad	3 Pepperoni Pizza Chicken Patty on a Bun FEATURED VEGGIES Diced Tomatoes Roasted Zucchini
6 Mac & Cheese With Garlic Stick Hot Dog on a Bun FEATURED VEGGIES Steamed Peas Red Pepper Strips	7 Turkey & Cheese Super Sub Walking Taco with Pretzel Stick FEATURED VEGGIES Oven Fries Caesar Salad	8 Hot Turkey Sandwich Cheeseburger on a Bun FEATURED VEGGIES Mashed Potatoes Green Pepper Strips	9 Toasted Cheese Sandwich BBQ Ribby on a Bun FEATURED VEGGIES Tomato Soup Corn Salad	10 Cheese Pizza Buffalo Chicken & Cheese Flatbread FEATURED VEGGIES Roasted Sweet Potatoes Chickpea Salad
13 Chicken & Mashed Potato Bowl with Roll Turkey & Cheese Melt On a Croissant FEATURED VEGGIES Mashed Potatoes Steamed Corn	14 Chicken Nuggets With Roll Southwestern Black Bean & Cheese Burrito FEATURED VEGGIES Scalloped Potatoes Salsa	15 Chicken in Gravy over Biscuit Corn Dog FEATURED VEGGIES Mashed Potatoes Carrot Sticks	16 Hot Ham & Cheese on Pretzel Roll Buffalo Chicken Dip over Tortilla Chips FEATURED VEGGIES Baked Beans Mandarin Spring Salad	17 Cheese Pizza Sticks with Dipping Sauce Apple BBQ Pork over Tortilla Chips FEATURED VEGGIES Oven Roasted Zucchini Carrot & Raisin Salad
20 Italian Super Sub Chicken Tenders with Soft Pretzel FEATURED VEGGIES Curly Fries Apple Cider Slaw	21 Beef Soft Tacos Nachos Grande with Tortilla Chips FEATURED VEGGIES Refried Beans Lettuce & Tomato	22 Beefaroni with a Garlic Stick Cowboy Burger on a Bun FEATURED VEGGIES Glazed Carrots Broccoli Salad	23 Toasted Cheese Chicken Nuggets with a Roll FEATURED VEGGIES Tomato Soup Tater Tots	24 Pepperoni Pizza Black Bean Burger FEATURED VEGGIES Oven Browned Sweet Potato Corn Salad
27 Classic Sloppy Joe on Brioche Roll Citrus Mojo Chicken with Dinner Roll FEATURED VEGGIES Oven Fries Chickpea Salad	28 Chicken Patty on a Bun Walking Taco with Pretzel Stick FEATURED VEGGIES Mexicali Corn Tomato & Onion Salad	29 Chicken Alfredo over Penne Pasta with Garlic Bread Bacon Cheeseburger FEATURED VEGGIES Steamed Broccoli Celery Sticks with Ranch	30 Cheese Steak on a Roll Corn Dog FEATURED VEGGIES Tater Tots Ranchero Carrots	31 Smothered Pierogies Fiestada Pizza FEATURED VEGGIES Cherry Tomatoes Cucumber Slices

What is a Meal?

Students must choose at least 3 of the 5 components available for the school lunch price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.

Choice of Vegetable

Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables

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, fat-free vanilla, fat-free strawberry

Daily Alternates

Fresh Entree Salad of the Week
Craveables
Weekly Cold Cut Sandwiches & Wraps

Crave of the Week

Week 1- Breadstick Dipper
Week 2- Yogurt Craveable
Week 3- Walking Taco
Week 4- Super Fruit
Week 5- Pizza Craveable

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Meal Prices

Student Lunch	Free
Extra Lunch	\$3.00
Faculty Lunch	\$4.85



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