

# **November 2025**





**Meet Your Nutritious Friend: Scary Cranberry** 

Monday	Tuesday	Wednesday	Thursday	Friday		
3	4	5	6	7		
Mini Cinni Rolls	Breakfast Pizza	Scrambled Cheesy Eggs with Toast	French Toast Sticks with Sausage Links	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		
10	11	12	13	14		
Sausage Egg & Cheese on a Croissant	NO SCHOOL  VETERANS DAY	Mini Maple Pancakes	Chocolate Chip French Toast	Powdered Donuts		
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		
17	18	19	20	21		
Cinnamon Rolls	Breakfast Scrambler	Strawberry & Cream Smoothie Bowl with Graham Crackers	Froot Loop Waffles	Blueberry Muffins		
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		
24	25	26	27	28		
Mini Blueberry Donut Holes	Breakfast Pizza	Egg & Cheese Croissant	NO SCHOOL HAPPY THANKSGIVING	NO SCHOOL		
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers				
MUASD		Meal Prices		<b>回路起</b> 回		

# 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,

#### **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

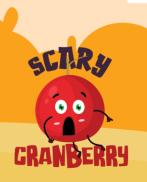


Tina Werner, General Manager 814-542-2518 ext. 126 ma1037@metzcorp.com

Student Breakfast Extra Breakfast Faculty Breakfast

Free \$1.50 \$3.00

# **November 2025**



Meet Your Nutritious Friend: Scary Cranberry

Monday	Tuesday	Wednesday	Thursday	Friday		
3	4	5	6	7		
Mac & Cheese with Garlic Stick	Toasted Cheese	French Toast Sticks with Sausage Links	Cheeseburger Tater Tot Bowl	Cheesy Pizza		
Cheeseburger on a Bun	Grilled Ham & Cheese	Breakfast Wrap	Chicken & Cheese Quesadilla	Corn Dog		
FEATURED VEGGIES Steamed Broccoli Cucumber Slices	FEATURED VEGGIES  Tomato Soup Chickpea Salad	FEATURED VEGGIES  Tri Patty Taters  Carrot Sticks	FEATURED VEGGIES  Tater Tots  Apple Cider Slaw	FEATURED VEGGIES Steamed Green Beans Tomato & Mozzarella Salad		
10	11	12	13	14		
Chicken Patty on a Bun	NO SCHOOL	Chicken & Mashed Potato Bowl with Roll	Nachos Grande	Pepperoni Pizza		
Breakfast Sandwich	VETERAN'S DAY	Turkey & Cheese Melt on Croissant	BBQ Ribby	Italian Dunkers with Sauce		
FEATURED VEGGIES Steamed Broccoli Baby Carrots		FEATURED VEGGIES  Mashed Potatoes  Steamed Corn	FEATURED VEGGIES Refried Beans Romaine Salad	FEATURED VEGGIES Oven Fries Diced Tomatoes		
17	18	19	20	21		
Chicken Nuggets with Pretzel Stick	Thanksgiving Meal Roasted Turkey with Stuffing Mashed Potatoes & Gravy	Buffalo Chicken & Cheese Flatbread	Hot Ham & Cheese Pretzel Roll	Cheese Pizza		
Italian Meatballs & Cheese on a Roll	Corn Cranberry Sauce	Hot Dog on a Roll	Bacon Cheeseburger	Turkey Ranch Wrap		
FEATURED VEGGIES Au Gratin Potatoes Red Pepper Strips	FEATURED VEGGIES  Baby Carrots  Holiday Treat	FEATURED VEGGIES  Cheesy Broccoli  Green Pepper Strips	FEATURED VEGGIES  Baked Beans  Corn Salad	FEATURED VEGGIES Oven Fries Baby Carrots		
24	25	26	27	28		
Pizza Casserole with Garlic Stick	Chicken & Cheese Quesadilla	Chicken Patty	NO SCHOOL	NO SCHOOL		
Cheeseburger	Corn Dog	Cheese Pizza	HAPPY THANKSGIVING			
FEATURED VEGGIES Steamed Green Beans Fresh Cucumber Slices	FEATURED VEGGIES Steamed Rice Salsa	FEATURED VEGGIES BBQ Baked Beans Broccoli Salad				

## 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 chocolate,

# **Daily Alternates**

Fresh Entree Salad Craveables PB&J Uncrustables

Craveable of the Week

Week 1- Soft Pretzel Craveable Week 2- Breadstick Dipper

Week 3- Yogurt Craveable Week 4- Walking Taco Craveable

MUASD

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

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



