



Meet Your Nutritious Friend:
Brown Rice Besties

Monday	Tuesday	Wednesday	Thursday	Friday	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 Salads Daily Craveables PB&J Weekly Cold Cut Sandwiches & Wraps Weekly Craves Week 1- Walking Taco Week 2- Superfruit Crave Week 3- Pizza Crave Week 4- Nacho Crave
29	30	31	1	2	
5 Cheeseburger Macaroni w/ Breadstick Italian Dunkers FEATURED VEGGIES Green Beans Cherry Tomatoes	6 Chicken & Cheese Quesadilla Cheeseburger FEATURED VEGGIES Chicken Noodle Soup Baby Carrots	7 Chicken & Mashed Potato Bowl with Roll Turkey & Cheese Melt on a Croissant FEATURED VEGGIES Mashed Potatoes Steamed Corn	8 Hot Ham & Cheese on a Pretzel Roll Buffalo Chicken Dip over Tortilla Chips FEATURED VEGGIES Baked Beans Fresh Broccoli	9 Cheese Pizza Apple BBQ Pork on a Bun FEATURED VEGGIES French Fries Carrot & Raisin Salad	
12 Turkey Club Sloppy Joe on a Bun FEATURED VEGGIES Tater Tots Fresh Broccoli	13 Toasted Cheese Beef Soft Tacos FEATURED VEGGIES Tomato Soup Lettuce & Tomato	14 Pizza Casserole w/ Breadstick Hot Dog FEATURED VEGGIES Green Beans Side Salad	15 Nachos Grande with Tortilla Chips Turkey, Bacon, Ranch Flatbread FEATURED VEGGIES Refried Beans Cucumber Slices	16 Pepperoni Pizza Bacon Cheeseburger FEATURED VEGGIES Sweet Potato Fries Baby Carrots	
19 No School	20 Walking Taco with Pretzel Stick Chicken, Bacon, Ranch Flatbread FEATURED VEGGIES Chili Tomato & Onion Salad	21 Chicken Alfredo w/ Breadstick Cowboy Burger FEATURED VEGGIES Steamed Peas Ranchero Carrots	22 Stromboli w/Sauce Turkey Ranch Wrap FEATURED VEGGIES Cheesy Broccoli Celery Sticks with Ranch	23 Cheese Pizza Smothered Pierogies FEATURED VEGGIES Sweet Potatoes Cucumber Slices	
26 Mac & Cheese w/Dinner Roll Ham & Cheese Croissant FEATURED VEGGIES Steamed Peas Cucumber Slices	27 Toasted Cheese BBQ Ribby FEATURED VEGGIES Tomato Soup Fresh Broccoli	28 Chicken & Waffles Turkey Hoagie FEATURED VEGGIES Mashed Potatoes Tomato Slices	29 Nachos Grande w/Chicken Double Cheeseburger FEATURED VEGGIES Steamed Rice Chickpea Salad	30 Pepperoni Pizza Corn Dog FEATURED VEGGIES Steamed Green Beans Baby Carrots	
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

