



Meet Your Nutritious Friend:  
Cheerleading Cherries

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
2 Mashed Potato Bowl with Roll Turkey Ranch Wrap <b>FEATURED VEGGIES</b> Mashed Potatoes Baby Carrots	3 Nachos Grande with Tortilla Chips Bacon Cheeseburger <b>FEATURED VEGGIES</b> Ranch Refried Beans Tomato Salad	4 Pizza Casserole with Breadstick Hot Dog <b>FEATURED VEGGIES</b> Green Beans Fresh Cucumber Slices	5 Buffalo Chicken over Fries Hot Ham & Cheese on a Pretzel Bun <b>FEATURED VEGGIES</b> French Fries Broccoli	6 Cheese Pizza Italian Dunkers with Sauce <b>FEATURED VEGGIES</b> Corn Celery Sticks	Students must choose at least 3 of the 5 components available for the school lunch price. <ul style="list-style-type: none"><li>- Choice of Whole Grain</li><li>- Choice of Protein</li><li>- Choice of Vegetable</li><li>- Choice of Fruit</li><li>- Choice of Milk</li></ul> A minimum 1/2 cup serving of fruit or vegetable must accompany a reimbursable lunch.
9 Chicken & Waffles Cheeseburger <b>FEATURED VEGGIES</b> Mashed Potatoes Red Pepper Strips	10 Toasted Cheese Turkey, Bacon & Cheese Flatbread <b>FEATURED VEGGIES</b> Tomato Soup Tossed Salad	11 Chicken Alfredo with Breadstick BBQ Ribby <b>FEATURED VEGGIES</b> Steamed Peas Green Pepper Strips	12 Pizza Bagel Buffalo Chicken & Cheese Flatbread <b>FEATURED VEGGIES</b> Tater Tots Cucumber Slices	13 Chicken Patty Breakfast Sandwich <b>FEATURED VEGGIES</b> Baked Beans Broccoli	<b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables
16 <b>No School</b>	17 Turkey Club Sloppy Joe <b>FEATURED VEGGIES</b> Chicken Noodle Soup Cherry Tomatoes	18 Spaghetti & Meatballs With Breadstick Cowboy Burger <b>FEATURED VEGGIES</b> Green Beans Side Salad	19 Stromboli w/ Sauce Turkey & Cheese Croissant <b>FEATURED VEGGIES</b> Cheesy Broccoli Carrot Sticks	20 Cheese Pizza Beef & Cheese Burrito <b>FEATURED VEGGIES</b> Corn Cucumbers	<b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice
23 Mac & Cheese with Roll Cheeseburger <b>FEATURED VEGGIES</b> Steamed Peas Baby Carrots	24 Toasted Cheese Beef Soft Taco <b>FEATURED VEGGIES</b> Tomato Soup Lettuce & Tomato	25 Cheeseburger Tater Tot Bowl Turkey & Cheese Hoagie <b>FEATURED VEGGIES</b> Tater Tots Broccoli Salad	26 Nachos Grande with Tortilla Chips Chicken & Cheese Quesadilla <b>FEATURED VEGGIES</b> Steamed Rice Celery Sticks	27 Pepperoni Pizza Chicken, Bacon, Cheddar Flatbread <b>FEATURED VEGGIES</b> Oven Browned Sweet Potato Side Salad	<b>Choice of Milk</b> 1% white, fat-free chocolate,
					<b>Daily Alternates</b> Fresh Entree Salads Craveables PB&J Uncrustables
					<b>Weekly Craves</b> Week 1- Breadstick Dipper Week 2- Yogurt Craveable Week 3- Walking Taco Crave Week 4- Superfruit Crave
<b>MUASD</b> Tina Werner, General Manager 814-542-2518 ext. 126 <a href="mailto:ma1037@metzcorp.com">ma1037@metzcorp.com</a>	<b>Meal Prices</b> Student Lunch      Free Extra Lunch      \$3.00 Faculty Lunch      \$4.85				 <b>Metz</b> CULINARY MANAGEMENT ENVIRONMENTAL SERVICES