



Meet Your Nutritious Friend:
Cheerleading Cherries

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mashed Potato Bowl with Roll Turkey Ranch Wrap FEATURED VEGGIES Mashed Potatoes Baby Carrots	3 Nachos Grande with Tortilla Chips Bacon Cheeseburger FEATURED VEGGIES Ranch Refried Beans Tomato Salad	4 Pizza Casserole with Breadstick Hot Dog FEATURED VEGGIES Green Beans Fresh Cucumber Slices	5 Buffalo Chicken over Fries Hot Ham & Cheese on a Pretzel Bun FEATURED VEGGIES French Fries Broccoli	6 Cheese Pizza Italian Dunkers with Sauce FEATURED VEGGIES Corn Celery Sticks
9 Chicken & Waffles Cheeseburger FEATURED VEGGIES Mashed Potatoes Red Pepper Strips	10 Toasted Cheese Turkey, Bacon & Cheese Flatbread FEATURED VEGGIES Tomato Soup Tossed Salad	11 Chicken Alfredo with Breadstick BBQ Ribby FEATURED VEGGIES Steamed Peas Green Pepper Strips	12 Pizza Bagel Buffalo Chicken & Cheese Flatbread FEATURED VEGGIES Tater Tots Cucumber Slices	13 Chicken Patty Breakfast Sandwich FEATURED VEGGIES Baked Beans Broccoli
16 No School	17 Turkey Club Sloppy Joe FEATURED VEGGIES Chicken Noodle Soup Cherry Tomatoes	18 Spaghetti & Meatballs With Breadstick Cowboy Burger FEATURED VEGGIES Green Beans Side Salad	19 Stromboli w/ Sauce Turkey & Cheese Croissant FEATURED VEGGIES Cheesy Broccoli Carrot Sticks	20 Cheese Pizza Beef & Cheese Burrito FEATURED VEGGIES Corn Cucumbers
23 Mac & Cheese with Roll Cheeseburger FEATURED VEGGIES Steamed Peas Baby Carrots	24 Toasted Cheese Beef Soft Taco FEATURED VEGGIES Tomato Soup Lettuce & Tomato	25 Cheeseburger Tater Tot Bowl Turkey & Cheese Hoagie FEATURED VEGGIES Tater Tots Broccoli Salad	26 Nachos Grande with Tortilla Chips Chicken & Cheese Quesadilla FEATURED VEGGIES Steamed Rice Celery Sticks	27 Pepperoni Pizza Chicken, Bacon, Cheddar Flatbread FEATURED VEGGIES Oven Browned Sweet Potato Side 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 Salads

Craveables

PB&J Uncrustables

Weekly Craves

- Week 1- Breadstick Dipper
- Week 2- Yogurt Craveable
- Week 3- Walking Taco Crave
- Week 4- Superfruit Crave

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



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES