







Monday		Tuesday		Wednesday		Thursday		Friday		<h3>What is a Meal?</h3> <p>Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none">- Choice of Whole Grain- Choice of Protein- Choice of Vegetable- Choice of Fruit- Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <h3>Choice of Vegetable</h3> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <h3>Choice of Fruit</h3> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <h3>Choice of Milk</h3> <p>1% white, fat-free chocolate,</p> <h3>Daily Alternates</h3> <p>Fresh Entree Salad of the Week</p> <p>Craveables</p> <p>Weekly Cold Cut Sandwiches & Wraps</p> <p>Weekly Pizza Specials</p> <p>PB&J</p>
										
2 General Tso's Chicken over Rice Cheeseburger FEATURED VEGGIES Steamed Rice Cucumber Salad		3 Turkey Club Sloppy Joe FEATURED VEGGIES Chicken Noodle Soup Baby Carrots		4 Mashed Potato Bowl with Breadstick Corn Dog FEATURED VEGGIES Corn Cucumber & Tomato Salad		5 Grilled Ham & Cheese Sandwich Classic Toasted Cheese Sandwich FEATURED VEGGIES Tomato Soup Celery Sticks		6 Buffalo Chicken Dip over Fries Beef & Cheese Burrito FEATURED VEGGIES French Fries Broccoli Salad		
										
9 Chicken Alfredo with Breadstick Turkey, Bacon & Cheese Flatbread FEATURED VEGGIES Steamed Peas Baby Carrots		10 Nachos Grande over Tortilla Chips Chicken Quesadilla FEATURED VEGGIES Refried Beans Strawberry Spinach Salad		11 Chicken & Waffles Bacon Cheeseburger FEATURED VEGGIES Mashed Potatoes Sliced Cucumbers		12 Hot Ham & Cheese Pretzel Beef Taco FEATURED VEGGIES Crinkle Cut Oven Fries Fresh Grape Tomatoes		13 Chicken Patty Breakfast Sandwich FEATURED VEGGIES Roasted Sweet Potato Chickpea Salad		
										
16 No School		17 Walking Taco Buffalo Chicken Flatbread FEATURED VEGGIES Seasoned Rice Fresh Broccoli		18 Pizza Casserole with Breadstick Cowboy Burger FEATURED VEGGIES Green Beans Side Salad		19 Stromboli with Sauce Corn Dog FEATURED VEGGIES Cheesy Broccoli Tomato Mozzarella Salad		20 Buffalo Chicken Dip with Tortilla Chips Turkey Hoagie FEATURED VEGGIES Tater Tots Baby Carrots		
										
23 Penne Pasta Bake with Breadstick Ham & Cheese Croissant FEATURED VEGGIES Steamed Peas Tomato Mozzarella Salad		24 Toasted Cheese Sandwich Chicken, Bacon, Ranch Wrap FEATURED VEGGIES Tomato Soup Celery Sticks		25 Chicken Parm over Spaghetti with Breadstick Double Cheeseburger FEATURED VEGGIES Green Beans Tossed Salad		26 Pepperoni Pizza Flatbread Italian Dunkers with Sauce FEATURED VEGGIES French Fries Fresh Cucumbers		27 Fish Sandwich Turkey Club Hoagie FEATURED VEGGIES Cheesy Broccoli Baby Carrots		
MUASD Tina Werner, General Manager 814-542-2518 ext. 126 ma1037@metzcorp.com						Meal Prices Student Lunch Extra Lunch Faculty Lunch Free \$3.00 \$4.85				
										
										



Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

