



**Meet Your Nutritious Friend:  
Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p>Beefaroni with Breadstick</p> <p>Turkey &amp; Cheese Croissant</p> <p><b>FEATURED VEGGIES</b> Green Beans Tossed Salad</p>	<p><b>3</b></p> <p>Hot Ham &amp; Cheese on a Pretzel Roll</p> <p>Cheeseburger</p> <p><b>FEATURED VEGGIES</b> Baked Beans Baby Carrots</p>	<p><b>4</b></p> <p>Chicken &amp; Waffles</p> <p>Hot Dog on a Bun</p> <p><b>FEATURED VEGGIES</b> Mashed Potatoes Tomato Wedges</p>	<p><b>5</b></p> <p>One Fish, Two Fish Sticks with Roll</p> <p>Buffalo Chicken over Fries</p> <p><b>FEATURED VEGGIES</b> French Fries Fresh Broccoli</p>	<p><b>6</b></p> <p>Cheese Pizza</p> <p>Italian Dunkers</p> <p><b>FEATURED VEGGIES</b> Corn Cucumber Slices</p>
<p><b>9</b></p> <p>Chicken Alfredo with Breadstick</p> <p>Sloppy Joe</p> <p><b>FEATURED VEGGIES</b> Steamed Peas Side Salad</p>	<p><b>10</b></p> <p>Toasted Cheese</p> <p>Turkey Ranch Wrap</p> <p><b>FEATURED VEGGIES</b> Tomato Soup Green Pepper Strips</p>	<p><b>11</b></p> <p>Pizza Casserole with Breadstick</p> <p>Cowboy Burger</p> <p><b>FEATURED VEGGIES</b> Green Beans Carrot Sticks</p>	<p><b>12</b></p> <p>Hot Ham &amp; Cheese Croissant</p> <p>Buffalo Chicken Flatbread</p> <p><b>FEATURED VEGGIES</b> Tri Taters Tomatoes</p>	<p><b>13</b></p> <p><b>No School</b></p>
<p><b>16</b></p> <p>Chicken &amp; Mashed Potato Bowl with Roll</p> <p>BBQ Ribby</p> <p><b>FEATURED VEGGIES</b> Mashed Potatoes Baby Carrots</p>	<p><b>17</b></p> <p>Nachos Grande with Tortilla Chips</p> <p>Chicken Quesadilla</p> <p><b>FEATURED VEGGIES</b> Refried Beans Tomato Salad</p>	<p><b>18</b></p> <p>Chicken Nuggets with Roll</p> <p>Meatball Sub</p> <p><b>FEATURED VEGGIES</b> Au Gratin Potatoes Fresh Cucumber Slices</p>	<p><b>19</b></p> <p>Grilled Cheeseburger Sandwich</p> <p>Corn Dog</p> <p><b>FEATURED VEGGIES</b> Steamed Peas Tossed Salad</p>	<p><b>20</b></p> <p>Cheese Pizza</p> <p>Fish Nuggets</p> <p><b>FEATURED VEGGIES</b> Steamed Rice Fresh Broccoli</p>
<p><b>23</b></p> <p>Macaroni &amp; Cheese With a Roll</p> <p>Turkey Hoagie</p> <p><b>FEATURED VEGGIES</b> Steamed Peas Red Pepper Strips</p>	<p><b>24</b></p> <p>Walking Taco with Pretzel Stick</p> <p>Chicken, Bacon, Cheese Wrap</p> <p><b>FEATURED VEGGIES</b> Baked Beans Cucumber slices</p>	<p><b>25</b></p> <p>Penne Pasta Bake with Breadstick</p> <p>Pizza Burger</p> <p><b>FEATURED VEGGIES</b> Green Beans Green Pepper Strips</p>	<p><b>26</b></p> <p>Stromboli with Sauce</p> <p>Hot Dog</p> <p><b>FEATURED VEGGIES</b> Cheesy Broccoli Baby carrots</p>	<p><b>27</b></p> <p>Pepperoni Pizza</p> <p>Fish Sandwich</p> <p><b>FEATURED VEGGIES</b> Roasted Sweet Potatoes Celery Sticks</p>
<p><b>30</b></p> <p>Spaghetti &amp; Meatballs with Breadstick</p> <p>Monte Cristo</p> <p><b>FEATURED VEGGIES</b> Green Beans Tossed Salad</p>	<p><b>31</b></p> <p>Turkey Club Sandwich</p> <p>BBQ Ribby</p> <p><b>FEATURED VEGGIES</b> Chicken Noodle Soup Carrots</p>			

**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 1/2 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 of the Week  
Craveables  
Weekly Cold Cut Sandwiches & Wraps

**Weekly Craveables**  
 Week 1. *Pizza Craveable*  
 Week 2. *Nacho Craveable*  
 Week 3. *Breadstick Craveable*  
 Week 4. *Yogurt Craveable*  
 Week 5. *Walking Taco Craveable*

**MUASD**  
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**Meal Prices**

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

