

Monday	Tuesday	Wednesday	Thursday	Friday	<b>What is a Meal?</b> 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.  <b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables  <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice  <b>Choice of Milk</b> 1% white, fat-free chocolate  <b>Daily Alternates</b> Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches & Wraps Weekly Pizza Specials PB&J
<b>bravo!</b>					
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	
Chicken Nuggets with Dinner Roll  BBQ Ribby  <b>FEATURED VEGGIES</b> Au Gratin Potatoes Green Pepper Strips	Turkey Club  Sloppy Joe  <b>FEATURED VEGGIES</b> Chicken Noodle Soup Baby Carrots	Mac & Cheese with Roll  Chicken Quesadilla  <b>FEATURED VEGGIES</b> Steamed Peas Fresh Cauliflower	Pepperoni Pizza Bagel  Cheeseburger Sub  <b>FEATURED VEGGIES</b> French Fries Tomato Wedges	Baha Fish Sandwich  Buffalo Chicken Flatbread  <b>FEATURED VEGGIES</b> Cheesy Broccoli Sliced Cucumbers	
<b>bravo!</b>					
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	
Turkey Super Sub  Buffalo Chicken Cheese Steak  <b>FEATURED VEGGIES</b> BBQ Baked Beans Fresh Broccoli	Nachos Grande  BBQ Chicken, Bacon, Cheddar Flatbread  <b>FEATURED VEGGIES</b> Pasta Salad Red Pepper Strips	Mashed Potato Bowl with Roll  Corn Dog  <b>FEATURED VEGGIES</b> Mashed Potatoes Tomato Wedges	Buffalo Chicken over Fries  Bacon Cheeseburger  <b>FEATURED VEGGIES</b> French Fries Fresh Cucumber Slices	<b>No School</b>	
<b>bravo!</b>					
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	
General Tso's Chicken over Brown Rice  Italian Super Sub  <b>FEATURED VEGGIES</b> Steamed Broccoli Cucumber Salad	Grilled Burger & Cheese Sandwich  Chicken & Cheese Nachos  <b>FEATURED VEGGIES</b> Steamed Rice Baby Carrots	Chicken & Gravy over Biscuits  Beef & Cheese Burrito  <b>FEATURED VEGGIES</b> Mashed Potatoes Cucumber & Tomato Salad	Chili Cheese Dog  Classic Toasted Cheese Sandwich  <b>FEATURED VEGGIES</b> Tomato Soup Celery Sticks	Buffalo Chicken Dip with Tortilla Chips  Baha Fish Sandwich  <b>FEATURED VEGGIES</b> Steamed Corn Broccoli Salad	
<b>bravo!</b>					
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	
Chicken Alfredo with Breadstick  Ham & Cheese Croissant  <b>FEATURED VEGGIES</b> Steamed Peas Baby Carrots	Walking Taco  Chicken Quesadilla  <b>FEATURED VEGGIES</b> Ranch Refried Beans Celery Sticks	Pizza Casserole with Breadstick  Cowboy Burger  <b>FEATURED VEGGIES</b> Green Beans Sliced Cucumbers	Stromboli with Sauce  Corn Dog  <b>FEATURED VEGGIES</b> Cheesy Broccoli Fresh Grape Tomatoes	Loaded Pierogies  Fish Nuggets with Roll  <b>FEATURED VEGGIES</b> Steamed Carrots Chickpea Salad	
<b>bravo!</b>					
<b>30</b>	<b>31</b>				
Spaghetti in Meat Sauce with Breadstick  Turkey Ranch Wrap  <b>FEATURED VEGGIES</b> Steamed Green Beans Baby Carrots	Monte Cristo  Cheeseburger  <b>FEATURED VEGGIES</b> Chili Tomato Wedges				
<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 Reduced Lunch                    \$3.00 Faculty Lunch                      \$4.85			

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

