

# August 2026



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

4

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6

7

10

11

12

13

14

17

18

19

20

21

Chicken & Mashed  
Potato Bowl with Roll

Hot Dog on a Bun

Mashed Potatoes  
Baby Carrots

Ham, Egg & Cheese on Maple  
Waffle Flatbread

BBQ Ribby on a Bun

Hash Brown Potato  
Fresh Cucumber Slices

Pepperoni Pizza  
Turkey, Bacon, Cheese Flatbread

Roasted Zucchini  
Red Pepper Strips

Daily Offerings: Breadstick Dipper Craveable (V) | Chef Salad with Dinner Roll | PB&J Craveable

24

Chicken Nuggets with Roll  
Ham & Cheese Croissant

Oven Fries  
Baby Carrots

25

Toasted Cheese  
Sandwich (V)  
Corn Dog

Tomato Soup  
Corn Salad

26

Fiesta Mac & Cheese with Dinner  
Roll (V)  
Pulled Pork Sandwich

Green Beans  
Caesar Salad

27

Cheeseburger  
Chicken, Bacon, Ranch Wrap

Baked Beans  
Green Pepper Strips

28

Cheese Pizza  
Buffalo Chicken Flatbread

Roasted Sweet Potatoes  
Cucumber Slices

Daily Offerings: Yogurt Craveable (V) | Turkey & Cheese Wrap | PB&J Craveable

31

Chicken & Biscuit  
Taco Wrap

Mashed Potatoes  
Broccoli Salad

Daily Offerings: Nachos Craveable (V) | Garden Salad with Goldfish Crackers & Dinner Roll (V) | PB&J Craveable

## MAKE IT A MEAL!

Choose at least 3 of 5 meal components for the school lunch price:  
Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a lunch.

## Lunch Prices

|         |        |
|---------|--------|
| Student | Free   |
| Adult   | \$5.05 |

## Available Daily

PB&J Craveable  
Craveable of the Week  
Chef Fresh item of the Week

## Fruit & Veggie Selection

Assorted Fruits and Fresh Veggies Daily

Students may choose two ½ cup servings.

## Milk Selection

1% White Milk, Fat Free Chocolate Milk

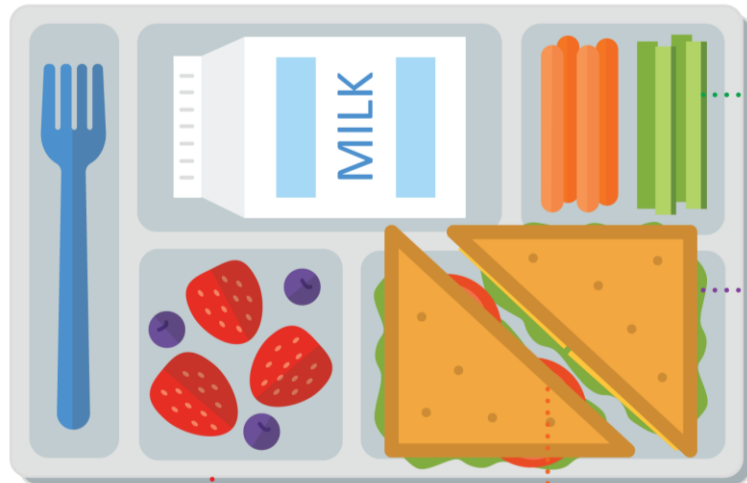
## MUASD

Tina Werner  
General Manager  
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Tina.werner@metzcorp.com

(V) Vegetarian | (VG) Vegan  
(GF) Gluten-Free | (H) Halal



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



### MILK IS MIGHTY

Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!



### GNAW ON RAW

Veggie Patch, salad, and cooked. Veggies have fiber for digestion



### POWER UP WITH PROTEIN

Meat, cheese, eggs, yogurt, and peanut butter. Protein helps us grow!



### WHOLE GRAINS = WHOLE PACKAGE

Bread, cereal, and crackers. Grains give us energy!



### PURSUIT FOR FRUIT

Fresh, cupped, or 100% juice, fruit is nutrient-packed!

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## LUNCH PRICES

Student Lunch: \$X.XX  
Adult Lunch: \$X.XX

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## YOUR DINING SERVICES TEAM

Firstname Lastname, General Manager  
(###) ###-#### | email@metzcorp.com



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CULINARY MANAGEMENT  
ENVIRONMENTAL SERVICES