

August 2026



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

4

5

6

7

10

11

12

13

14

17

18

19

20

21

Chicken & Mashed Potato Bowl
with Roll

Ham, Egg & Cheese Maple
Flatbread Sandwich

Toasted Pizza Flatbread Sandwich

Mashed Potatoes
Baby Carrots

Hash Brown Potato
Fresh Cucumber Slices

Roasted Zucchini
Red Pepper Strips

Daily Offerings: Chef Salad with Dinner Roll | Turkey & Spinach Roll-up Craveable | Specialty Pizza | PB&J Craveable | Yogurt Craveable

24

25

26

27

28

Fiesta Mac & Cheese (V)

Toasted Cheese
Sandwich (V)

Chicken Nuggets with Roll

Cowboy Burger

Cheeseburger Tater Tot Bowl with
Dinner Roll

Green Beans
Caesar Salad

Tomato Soup
Corn Salad

Oven Fries
Baby Carrots

Baked Beans
Green Pepper Strips

Roasted Sweet Potatoes
Cucumber Slices

Daily Offerings: Crispy Chicken Salad with Dinner Roll | Turkey, Cheddar & Bacon Flatbread | Specialty Pizza | PB&J Craveable | Yogurt Craveable

31

Chicken & Biscuit

Mashed Potatoes
Broccoli Salad

Daily Offerings: Strawberry Spinach Salad with Dinner Roll | Nachos Craveable | Specialty Pizza | PB&J Craveable | Yogurt 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

Chef Fresh Item of the Week
PB&J Craveable
Yogurt Craveable
Specialty Pizza Weekly
Specialty Salad Weekly
Pepperoni Pizza Daily

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
(814) 542-2518 ext. 126
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.



Daily Specials

WEEK OF AUGUST 17 – 21



WEEKLY FEATURE

Pasta Bar

Choice of two daily pasta, alternating daily sauces, and herbed parmesan cheese

Accompaniments: Served with fresh bruschetta and fresh baked bread

Monday: [add specials here]

Tuesday: [add specials here]

Wednesday: [add specials here]

Thursday: [add specials here]

Friday: [add specials here]



OFFERED DAILY: [add items here]

Monday: [add specials here]

Tuesday: [add specials here]

Wednesday: [add specials here]

Thursday: [add specials here]

Friday: [add specials here]



OFFERED DAILY: [add items here]

Monday: [add specials here]

Tuesday: [add specials here]

Wednesday: [add specials here]

Thursday: [add specials here]

Friday: [add specials here]



Variety of fruits and veggies offered daily

Monday: [add specials here]

Tuesday: [add specials here]

Wednesday: [add specials here]

Thursday: [add specials here]

Friday: [add specials here]



OFFERED DAILY: [add items here]

Monday: [add specials here]

Tuesday: [add specials here]

Wednesday: [add specials here]

Thursday: [add specials here]

Friday: [add specials here]



OFFERED DAILY: [add items]

Monday: [add specials here]

Tuesday: [add specials here]

Wednesday: [add specials here]

Thursday: [add specials here]

Friday: [add specials here]



HOUSE-MADE CONDIMENTS

[add specials here]



Monday: [add specials here]

Tuesday: [add specials here]

Wednesday: [add specials here]

Thursday: [add specials here]

Friday: [add specials here]

YOUR DINING SERVICES TEAM

Firstname Lastname, General Manager

(###) ###-#### ext. ##### | email@metzcorp.com



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ENVIRONMENTAL SERVICES

Daily Specials

WEEK OF AUGUST 24 – 28



WEEKLY FEATURE

Poblano's Mex-American

Choice of soft- or hard-shell tortillas or tortilla chips with choice of meat or meat alternative

Accompaniments: Topped with ranch refried beans, rice, Mexicali corn, and a variety of salsas

Monday: [add specials here]

Tuesday: [add specials here]

Wednesday: [add specials here]

Thursday: [add specials here]

Friday: [add specials here]



OFFERED DAILY: [add items here]

Monday: [add specials here]

Tuesday: [add specials here]

Wednesday: [add specials here]

Thursday: [add specials here]

Friday: [add specials here]



OFFERED DAILY: [add items here]

Monday: [add specials here]

Tuesday: [add specials here]

Wednesday: [add specials here]

Thursday: [add specials here]

Friday: [add specials here]



Variety of fruits and veggies offered daily

Monday: [add specials here]

Tuesday: [add specials here]

Wednesday: [add specials here]

Thursday: [add specials here]

Friday: [add specials here]



OFFERED DAILY: [add items]

Monday: [add specials here]

Tuesday: [add specials here]

Wednesday: [add specials here]

Thursday: [add specials here]

Friday: [add specials here]



OFFERED DAILY: [add items here]

Monday: [add specials here]

Tuesday: [add specials here]

Wednesday: [add specials here]

Thursday: [add specials here]

Friday: [add specials here]



HOUSE-MADE CONDIMENTS

[add specials here]



Monday: [add specials here]

Tuesday: [add specials here]

Wednesday: [add specials here]

Thursday: [add specials here]

Friday: [add specials here]

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Daily Specials

WEEK OF AUGUST 31 – SEPTEMBER 4



WEEKLY FEATURE

Cyclone Street Noodles

Lo mein noodles with choice of meat or meat alternative tossed with choice of vegetables and choice of sauce

Accompaniments: Stir-fried cabbage, sauteed red pepper, veggie stir-fry, steamed broccoli

Monday: [add specials here]

Tuesday: [add specials here]

Wednesday: [add specials here]

Thursday: [add specials here]

Friday: [add specials here]



OFFERED DAILY: [add items here]

Monday: [add specials here]

Tuesday: [add specials here]

Wednesday: [add specials here]

Thursday: [add specials here]

Friday: [add specials here]



OFFERED DAILY: [add items here]

Monday: [add specials here]

Tuesday: [add specials here]

Wednesday: [add specials here]

Thursday: [add specials here]

Friday: [add specials here]



Variety of fruits and veggies offered daily

Monday: [add specials here]

Tuesday: [add specials here]

Wednesday: [add specials here]

Thursday: [add specials here]

Friday: [add specials here]



OFFERED DAILY: [add items]

Monday: [add specials here]

Tuesday: [add specials here]

Wednesday: [add specials here]

Thursday: [add specials here]

Friday: [add specials here]



OFFERED DAILY: [add items here]

Monday: [add specials here]

Tuesday: [add specials here]

Wednesday: [add specials here]

Thursday: [add specials here]

Friday: [add specials here]



HOUSE-MADE CONDIMENTS

[add specials here]



Monday: [add specials here]

Tuesday: [add specials here]

Wednesday: [add specials here]

Thursday: [add specials here]

Friday: [add specials here]

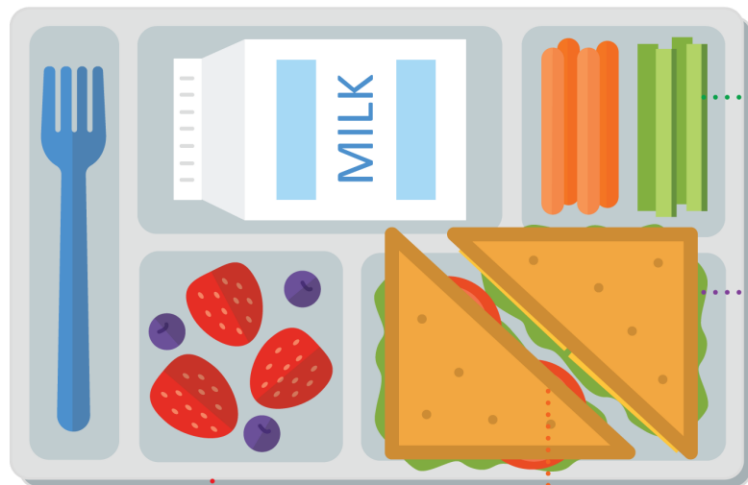
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MILK IS MIGHTY

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!

WHAT IS A SCHOOL LUNCH?

You must choose at least **3** of **5** meal components for the school lunch price:

Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

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

[HEADING HERE]

[add text here]



View menus on the go! SchoolCafe provides an easy way to view our menus and manage your account.



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WHAT IS A SCHOOL LUNCH?

You must choose at least **3** of **5** meal components available for the school lunch price:

Meat/Meat Alternative, Choice of Vegetable, Choice of Fruit, Grain/Bread, Choice of Milk

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

LUNCH PRICES

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

schoolcafé

View menus on the go! SchoolCafe provides an easy way to view our menus and manage your account.



[HEADING HERE]

[add text here]

DAILY ALTERNATES

Grille

[add items]

deli

[add items]

Pizza

[add items]

cheffresh

[add items]

GRAVEABLES

[add items]

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