

September 2026

**EAT SMART
BE SMART**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31

Chicken & Biscuit
Taco Wrap

Mashed Potatoes
Broccoli Salad

1

Chicken & Cheese Quesadilla
Nacho Craveable

Steamed Corn
Salsa

2

Sweet & Sour Chicken
over Rice
Nacho Craveable

Steamed Broccoli
Carrot Sticks

3

French Toast Sticks with
Sausage Links
Nacho Craveable

Tri-Taters
Mandarin Spring Salad

4

Max Pizza Sticks with
Dipping Sauce (V)
Nacho Craveable

Oven Roasted Zucchini
Chickpeas

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

7

Beef Soft Tacos
Superfruit Craveable

Refried Beans
Lettuce & Tomato

8

Pasta with Meat Sauce
Superfruit Craveable

Zesty Country Green Beans
Broccoli Salad

9

Italian Toaster Sandwich
Superfruit Craveable

Curly Fries
Apple Cider Slaw

10

Pepperoni Pizza
Superfruit Craveable

Honey Cinnamon Sweet Potato
Corn Salad

11

Daily Offerings: Chef Salad with Dinner Roll | PB&J Craveable

14

Breaded Chicken Tenders with
Mini Waffles
Pizza Craveable

Crinkle Cut Fries
Chickpea Salad

15

Toasted Cheese Sandwich
Pizza Craveable

Tomato Soup
Green Pepper Strips

16

Chicken Alfredo over Penne with
Breadstick
Pizza Craveable

Steamed Broccoli
Celery Sticks with Ranch

17

Walking Taco with Pretzel Stick
Pizza Craveable

Seasoned Black Beans
Garden Side salad

18

Cheesy Pizza
Pizza Craveable

Steamed Green Beans
Baby Carrots

Daily Offerings: Crispy Chicken Salad | PB&J Craveable

21

Orange Chicken over Rice
Soft Pretzel Craveable

Steamed Broccoli
Cucumber Slices

22

Turkey Club
Soft Pretzel Craveable

Golden Corn
Strawberry Spinach Salad

23

Mac & Cheese
with Dinner Roll (V)
Soft Pretzel Craveable

Steamed Garden Peas
3-Bean Salad

24

French Toast Sticks with
Sausage Links
Soft Pretzel Craveable

Tri-Taters
Carrot Sticks

25

Pepperoni Pizza
Soft Pretzel Craveable

Mixed Vegetables
Carrot & Raisin Salad

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

28

General Tso's Chicken
with Rice
Breadstick Dipper Craveable

Steamed Broccoli
Romaine Salad

29

Beef Enchilada
Breadstick Dipper Craveable

Seasoned Black Beans
Tomato Salad

30

Chicken & Mashed
Potato Bowl with Roll
Breadstick Dipper Craveable

Mashed Potatoes
Baby Carrots

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

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

Fruit & Veggie Selection

Assorted Fruits and Veggies Daily

Students may choose two ½ cup servings.

Milk Selection

1% White Milk, Fat-Free Chocolate Milk

MUASD

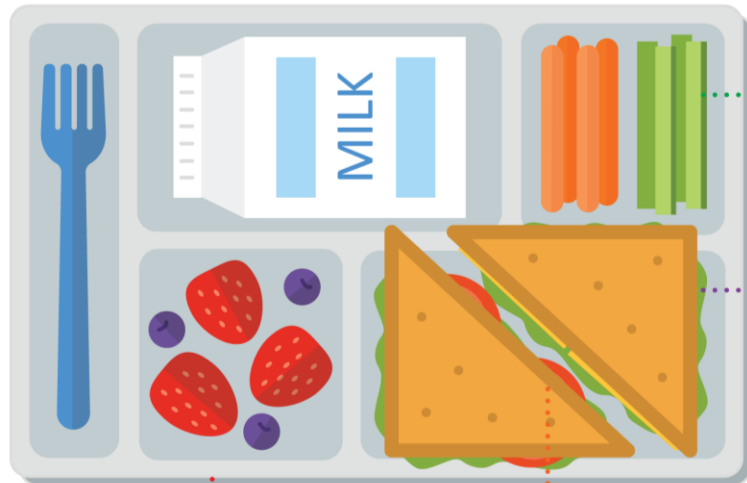
Tina Werner
General Manager
(814) 542-2518 ext. 126
Tina.werner@metzcorp.com

(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.



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES



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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Meet Your
nutritious friends

Peach Puppies



[ADD HEADING HERE]

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YOUR DINING SERVICES TEAM

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



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