

October 2026

**EAT SMART
BE SMART**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Cheeseburger

Breadstick Dipper Craveable

Tater Tots
Baby Carrots

Cheesy Pizza

Breadstick Dipper Craveable

Steamed Green Beans
Red Pepper Strips

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

Chicken Nuggets with Roll
Yogurt Craveable

Oven Fries
Baby Carrots

Toasted Cheese
Yogurt Craveable

Tomato Soup
Celery Sticks

Pizza Casserole
Yogurt Craveable

Green Beans
Red Pepper Strips

Nacho Grande
Yogurt Craveable

Baked Beans
Tomatoes

Pepperoni Pizza
Yogurt Craveable

Roasted Sweet Potatoes
Cucumber Slices

Daily Offerings: PB&J Craveable | Turkey & Cheese Wrap

NO
SCHOOL

Chicken & Cheese Quesadilla
Nacho Craveable

Steamed Corn
Green Pepper Strips

Chicken Alfredo
with Breadstick
Nacho Craveable

Steamed Peas
Carrot Sticks

**French Toast Sticks
with Sausage Links
Nacho Craveable**

Tri-Taters
Tossed Salad

Cheese Pizza
Nacho Craveable

Oven Roasted Zucchini
Chickpeas

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

Pasta with Meat Sauce
Soft Pretzel Craveable

Zesty Country Green Beans
Cucumber Slices

Beef Soft Tacos
Soft Pretzel Craveable

Refried Beans
Lettuce & Tomato

Mac & Cheese
with Dinner Roll
Soft Pretzel Craveable

Steamed Peas
Celery Sticks

Italian Toaster Sandwich
Soft Pretzel Craveable

Baked Beans
Fresh Broccoli

Pepperoni Pizza
Soft Pretzel Craveable

Steamed Corn
Red Pepper Strips

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

Breaded Chicken Tenders with
Mini Waffles

Pizza Craveable

Crinkle Cut Fries
Chickpea Salad

Walking Taco
with Pretzel Stick

Pizza Craveable

Seasoned Black Beans
Garden Side Salad

Hot Turkey Sandwich
Pizza Craveable

Mashed Potatoes
Cherry Tomatoes

Toasted Cheese
Sandwich

Pizza Craveable

Tomato Soup
Green Pepper Strips

Cheesy Pizza
Pizza Craveable

Steamed Cheesy Broccoli
Baby Carrots

Daily Offerings: PB&J Craveable | Crispy Chicken Salad

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
Craveable of the Week
PB&J Craveable

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.

