

September 2026



MONDAY

31

Chicken & Biscuit

Mashed Potatoes
Broccoli Salad

TUESDAY

1

Chicken & Cheese Quesadilla

Steamed Corn
Salsa

WEDNESDAY

2

Pasta with Meat Sauce

Zesty Country Green Beans
Carrot Sticks

THURSDAY

3

Breakfast for Lunch:
French Toast Sticks with
Sausage Links

Tater Triangles
Mandarin Spring Salad

FRIDAY

4

BBQ Chicken, Bacon, Cheddar
Flatbread

Oven Roasted Zucchini
Chickpeas

Daily Offerings: Strawberry Spinach Salad with Dinner Roll | Turkey Super Sub

7

Beef Soft Tacos

Refried Beans
Lettuce & Tomato

8

Sweet & Sour Chicken
over Brown Rice

Glazed Carrots
Broccoli Salad

9

Italian Toaster Sandwich

Curly Fries
Apple Cider Slaw

10

Buffalo Chicken Dip
with Tortilla Chips

Honey Cinnamon Sweet Potato
Corn Salad

11

Daily Offerings: Chef Salad with Dinner Roll | Ham & Cheese Pretzel Sandwich

14

Breaded Chicken Tenders
with Mini Waffles

Crinkle Cut Fries
Chickpea Salad

15

Walking Taco
with Pretzel Stick

Seasoned Black Beans
Garden Side Salad

16

Chicken Alfredo over Penne with
Breadstick

Steamed Broccoli
Celery Sticks with Ranch

17

Grilled Cheese Sandwich

Tomato Soup
Green Pepper Strips

18

Garlic Pepperoni Pizza
Griller Sandwich

Steamed Green Beans
Baby Carrots

Daily Offerings: Taco Salad | Italian Hoagie

21

Macaroni & Cheese
with Dinner Roll (V)

Steamed Garden Peas
Cucumber Slices

22

Chicken Enchilada Soup
with Tortilla Chips

Golden Corn
Strawberry Spinach Salad

23

Pizza Casserole
with Bread Stick

Steamed Green Beans
Cherry Tomatoes

24

French Toast Sticks
with Sausage Links

Tri Patty Taters
Carrot Sticks

25

Italian Dunkers
with Marinara (V)

Mixed Veggies
Carrot & Raisin Salad

Daily Offerings: Chicken Salad with Dinner Roll | Turkey & Cheese Pretzel Sandwich

28

General Tso's Chicken
with Rice

Steamed Broccoli
Romaine Salad

29

Bacon Cheeseburger

BBQ Baked Beans
Tomato Salad

30

Chicken Mashed Potato Bowl
with Dinner Roll

Mashed Potatoes
Fresh Cucumber Slices

1

Ham & Cheese Croissant

Hash Brown Potato
Baby Carrots

2

Buffalo Chicken Flatbread

Roasted Zucchini
Red Pepper Strips

Daily Offerings: Chef Salad with Dinner Roll | Turkey & Spinach Roll-up 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 & 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



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]

YOUR DINING SERVICES TEAM

Firstname Lastname, General Manager

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



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

Daily Specials

WEEK OF SEPTEMBER 7 – 11



WEEKLY FEATURE

Texas Smokehouse

Choice of dry-rubbed BBQ chicken or pork with choice of Kaiser roll or cornbread and choice of BBQ sauce

Accompaniments: Ranch taters, zesty country green beans, BBQ baked beans, slaw, melons

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]

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Friday: [add specials here]



OFFERED DAILY: [add items here]

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Variety of fruits and veggies offered daily

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OFFERED DAILY: [add items here]

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HOUSE-MADE CONDIMENTS

[add specials here]



Monday: [add specials here]

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WEEK OF SEPTEMBER 14 – 18



WEEKLY FEATURE

Mac & Cheese

Pasta with choice of house-made cheese sauce and choice of meat or meat alternative

Accompaniments: Roasted lemon parmesan broccoli, sauteed red peppers

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]

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HOUSE-MADE CONDIMENTS

[add specials here]



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Friday: [add specials here]

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Daily Specials

WEEK OF SEPTEMBER 21 – 25



WEEKLY FEATURE

Shawarma

Choice of beef kofta meatballs, chicken shawarma, or falafel (V) with feta, pickled onions, diced tomato and cucumber, black olives, lettuce, and tzatziki or spicy harissa sauce

Accompaniments: Lemon-scented rice, pita, Fattoush salad

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]

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HOUSE-MADE CONDIMENTS

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Daily Specials

WEEK OF SEPTEMBER 28 – OCTOBER 2



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]

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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]

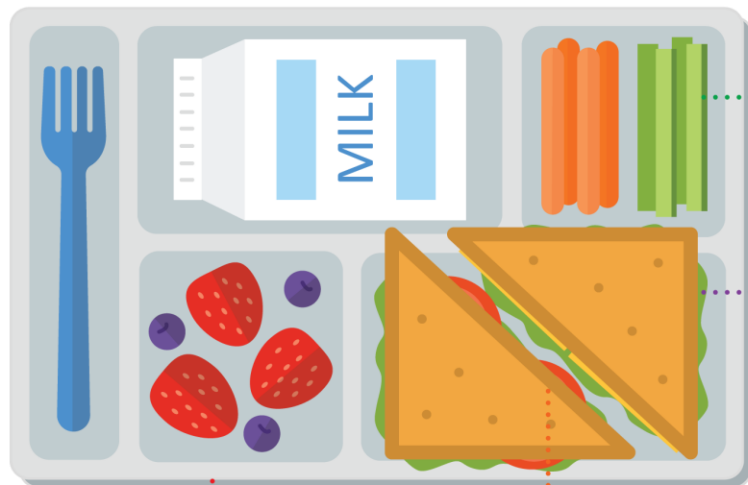
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MILK IS MIGHTY

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

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[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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