



What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.
Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch
Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white, and fat-free chocolate

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Beans/Peas
Starchy - white potatoes, corn, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**LEAVE YOUR LUNCHBOX AT HOME!
DAILY ALTERNATES.**

Fresh Entree Salad of the Week



Craveable of the Week, which could include:
Make your Own Pizza, Yogurt Cheese stick and Crackers, Breadstick Dipper, and Super Fruit.

Nutritious Friends
**Look for our Nutritious Friend of the Month on the menu!
This Month.....**

All Student Lunches are Free
All a la carte and 2nd lunches are regular price
Adult Lunch 4.75

Debbie Lear, Food Service Director
814-542-2518 #126 ma1037@metzcorp.com
USDA is an equal opportunity provider and employer.

| Monday | Tuesday | Wednesday | Thursday | Pizza Friday! |
|--|---|---|--|---|
| <p>28</p>  | <p>29</p> <p>Chicken</p> | <p>30</p>  | <p>31</p>  | <p>1</p> <p>Pepperoni Pizza</p> <p>or</p> <p>Bacon Cheeseburger on a roll</p> <p>Featured Veggies: Steamed Peas Side Salad Choice of Fruit Choice of Milk</p> |
| <p>4</p> <p>Mac & Cheese with a wg Dinner Roll or Hot Ham & Cheese on a Croissant</p> <p>Featured Veggies: Steamed Broccoli Tomato Wedges Choice of Fruit Choice of Milk</p> | <p>5</p> <p>Turkey Club on wheat bread or Pizza Burger on a roll</p> <p>Featured Veggies: Seasoned Rice Cherry Tomatoes Choice of Milk/ Fruit Chicken Noodle Soup</p> | <p>6</p> <p>Chicken Alfredo with Breadstick or Corn Dog</p> <p>Featured Veggies: Steamed Peas Carrot Sticks Choice of Fruit Choice of Milk</p> | <p>7</p> <p>Chicken Patty on a Roll or Breakfast Sandwich on a Croissant</p> <p>Featured Veggies: Tater Tots Chic Pea Salad Choice of Fruit Choice of Milk</p> | <p>8</p>  |
| <p>11</p>  | <p>12</p> <p>Ham & Cheese Sandwich on a pretzel roll or Pulled Pork on a roll</p> <p>Featured Veggies: Baked Beans Red Pepper Strips Choice of Fruit Choice of Milk</p> | <p>13</p> <p>Chicken Mash Potato Bowl with a Dinner Roll or Sloppy Joe on a roll</p> <p>Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p> | <p>14</p> <p>Stromboli or Cheeseburger on a roll</p> <p>Featured Veggies: Steamed Broccoli Pea Salad Choice of Fruit Choice of Milk</p> | <p>15</p> <p>Cheese Pizza or Buffalo Chicken on a Flatbread</p> <p>Featured Veggies: Oven Fries Cherry Tomatoes Choice of Fruit Choice of Milk</p> |
| <p>18</p> <p>Chicken Nuggets with a Pretzel Rod or BBQ Rib Sandwich on a Roll</p> <p>Featured Veggies: Au Gratin Potatoes Red Pepper Strips Choice of Fruit Choice of Milk</p> | <p>19</p> <p>Toasted Cheese Sandwich or Turkey & Cheese Hoagie</p> <p>Featured Veggies: Tomato Soup Tater Tots Choice of Fruit Choice of Milk</p> | <p>20</p> <p>Family Thanksgiving Meal Roast Turkey or Hot Dog on a Bun</p> <p>Featured Veggies: Mashed Potatoes Steamed Corn Holiday Treat Choice of Milk/ Fruit</p> | <p>21</p> <p>Corn Dog or Chicken Patty on a roll</p> <p>Featured Veggies: Curly Fries Baked Beans Choice of Fruit Choice of Milk</p> | <p>22</p> <p>Pepperoni Pizza or Cheese Burger on a Bun</p> <p>Featured Veggies: Steamed Broccoli Cherry Tomatoes Choice of Fruit Choice of Milk</p> |
| <p>25</p> <p>Spaghetti & Meatballs with a garlicstick or Monte Cristo on French Toast</p> <p>Featured Veggies: Steamed Green Beans Celery Sticks with Ranch Choice of Fruit Choice of Milk</p> | <p>26</p> <p>Walking Taco or Turkey Ranch Wrap</p> <p>Featured Veggies: Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk</p> | <p>27</p> <p>Chicken Patty on a Roll or Breakfast Sandwich on a Croissant</p> <p>Featured Veggies: Steamed Peas Baby Carrots Choice of Fruit Choice of Milk</p> | <p>28 29</p>  | |