NOVEMBER 2024



MOUNT UNION NOVEMBER 2024 KISTLER ELEMENTARY LUNCH MENU

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

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 alacarte 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

29



Wednesday



Thursday

31

Pizza Friday!

Pepperoni Pizza

Bacon Cheeseburger on a roll

Featured Veggies:

Steamed Peas Side Salad Choice of Fruit

Choice of Milk

Mac & Cheese with a wg Dinner Roll

Hot Ham & Cheese on a Croissant

Featured Veggies:

Steamed Broccoli **Tomato Wedges** Choice of Fruit Choice of Milk

5

Turkey Club on wheat bread

> Pizza Burger on a roll

Featured Veggies:

Seasoned Rice **Cherry Tomatoes** Choice of Milk/ Fruit Chicken Noodle Soup

6

Chicken Alfredo with Breadstick Corn Dog

Featured Veggies:

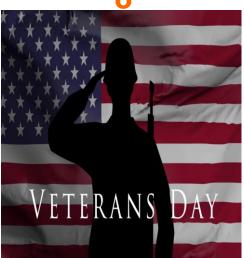
Steamed Peas Carrot Sticks Choice of Fruit Choice of Milk

Chicken Patty

on a Roll **Breakfast Sandwich** on a Croissant

Featured Veggies:

Tater Tots Chic Pea Salad Choice of Fruit Choice of Milk





18

Chicken Nuggets

with a Pretzel Rod

BBQ Rib Sandwich

on a Roll

Featured Veggies:

Au Gratin Potatoes

Red Pepper Strips

Choice of Fruit

Choice of Milk

25

Spaghetti & Meatballs

with a garlicstick

Monte Cristo

on French Toast

Featured Veggies:

Steamed Green Beans

Celery Sticks with Ranch

Choice of Fruit

Choice of Milk

12

Ham & Cheese Sandwich on a pretzel roll

Pulled Pork on a roll

Featured Veggies:

Baked Beans Red Pepper Strips Choice of Fruit Choice of Milk

19

Toasted

13

Chicken Mash Potato Bowl with a Dinner Roll

> Sloppy Joe on a roll

Featured Veggies:

Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk

20

Family Thanksgiving Meal

Roast Turkey

Hot Dog

14 Stromboli

Cheeseburger on a roll

Featured Veggies:

Steamed Broccoli Pea Salad Choice of Fruit Choice of Milk

21

Corn Doa

Chicken Patty

on a roll

15 Cheese Pizza

Buffalo Chicken

On a Flatbread

Featured Veggies:

Oven Fries **Cherry Tomatoes** Choice of Fruit

Choice of Milk

Pepperoni Pizza

Cheese Burger On a Bun

Featured Veggies: Steamed Broccoli **Cherry Tomatoes** Choice of Fruit Choice of Milk

Featured Veggies:

Curly Fries **Baked Beans** Choice of Fruit Choice of Milk



Cheese Sandwich Turkey & Cheese Hoagie

Featured Veggies:

Tomato Soup Tater Tots Choice of Fruit Choice of Milk

26

Walking Taco

Turkey Ranch Wrap

Featured Veggies:

Steamed Corn

Cherry Tomatoes

Choice of Fruit

Choice of Milk

on a Bun **Featured Veggies:**

Mashed Potatoes Steamed Corn Holiday Treat Choice of Milk/ Fruit

Chicken Patty on a Roll on a Croissant

27

Choice of Fruit Choice of Milk

Steamed Peas

Baby Carrots

Featured Veggies:

Breakfast Sandwich

28