

January 2025



MOUNT UNION JANUARY 2025 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 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.....**

Monday	Tuesday	Wednesday	Thursday	Pizza Friday!
		1 Chicken Alfredo with Breadstick or Corn Dog Featured Veggies: Steamed Peas Carrot Sticks Choice of Fruit Choice of Milk	2 Cheese Steak On a Roll or Turkey & Cheese on a roll Featured Veggies: Tater Tots Chic Pea Salad Choice of Fruit Choice of Milk	3 Pepperoni Pizza or BBQ Rib On a Bun Featured Veggies: Baked Zucchini Steamed Carrots Choice of Fruit Choice of Milk
6 Pizza Casserole with a garlicstick or Corn Dog Featured Veggies: Romaine Salad Tomato Wedges Choice of Fruit Choice of Milk	7 Ham & Cheese Sandwich on a pretzel roll or Pulled Pork on a roll Featured Veggies: Baked Beans Red Pepper Strips Choice of Fruit Choice of Milk	8 Chicken Mash Potato Bowl with a Dinner Roll or Sloppy Joe on a roll Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	9 Stromboli or Cheeseburger on a roll Featured Veggies: Steamed Broccoli Chic Pea Salad Choice of Fruit Choice of Milk	10 Cheese Pizza or Buffalo Chicken on flatbread Featured Veggies: Oven Fries Cherry Tomatoes Choice of Fruit Choice of Milk
13 Chicken Nuggets w/ Roll or BBQ Rib Sandwich on a roll Featured Veggies: Scalloped Potatoes Red Pepper Strips Choice of Fruit Choice of Milk	14 Toasted Cheese Sandwich or Hot dog On a roll Featured Veggies: Tomato Soup Tater Tots Choice of Fruit Choice of Milk	15 Meatball Sub on a Roll or Turkey & Cheese Hoagie Featured Veggies: Steamed Green Beans Tomato Wedges Choice of Fruit Choice of Milk	16 Corn Dog or Chicken Patty on a roll Featured Veggies: Curly Fries Baked Beans Choice of Fruit Choice of Milk	17 Pepperoni Pizza or Cheese Burger On a Bun Featured Veggies: Oven Browned Sweet Potato Fresh Broccoli Choice of Fruit Choice of Milk
20 No School	21 Walking Taco or Turkey Ranch Wrap Featured Veggies: Refried Beans Cherry Tomatoes Choice of Fruit Choice of Milk	22 Chicken & Waffles or Cheeseburger on a bun Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	23 Chicken Cheese Quesadilla or Turkey & Cheese Melt on a Croissant Featured Veggies: Curly Fries Baby Carrots Choice of Fruit Choice of Milk	24 Cheese Pizza or Nachos Grande with Tortilla Chips Featured Veggies: Sweet Potatoes Cucumber Slices Choice of Fruit Choice of Milk
27 Lasagna with Garlicstick or Sloppy Joe on a bun Featured Veggies: Steamed Green Beans Red Pepper Strips Choice of Fruit Choice of Milk	28 Toasted Cheese Sandwich or Hot Dog on a roll Featured Veggies: Tomato Soup Baby Carrots Choice of Fruit Choice of Milk	29 Soft Taco or Turkey & Cheese on a bun Featured Veggies: Steamed Corn Refried Beans Choice of Fruit Choice of Milk	30 French Toast Sticks w/ Sausage Links or Ham & Cheese on a bun Featured Veggies: Hash Brown Cherry Tomatoes Choice of Fruit Choice of Milk	31 Pepperoni Pizza or Bacon Cheeseburger on a bun Featured Veggies: Steamed Peas Side Salad Choice of Fruit Choice of Milk

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
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