



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

USDA is an equal opportunity provider & employer.

Weekly Vegetable Subgroups May Include:

Dark green - spinach, broccoli, romaine & spring salad

Red/Orange - carrots, sweet potatoes, tomatoes, red peppers

Beans/Peas - Chick 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, pears, peaches, strawberries, applesauce, pineapple, 100% fruit juices & mandarin oranges

***Free breakfast & lunch available to all students when school is in session.**

***All grains offered are whole grain.**

Daily entree options may include:

Smucker's Uncrustable PB&J

Cheese or Cheese/Pepp. Pizza

Chicken Patty on a Whole Grain Bun

Options also include: milk, fruit, & vegetable

Jenny Johns - General Manager

Jean Vigilione - Registered Dietitian

Jess Kremer - Chef Manager

Shawn Leh - Chef Manager

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Menu subject to change based on availability.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Waffles w/Fried Chicken Leg Featured Veggies: Green Beans Choice of Fruit Choice of Milk	2 Macaroni & Cheese Featured Veggies: Tomatoes Choice of Fruit Choice of Milk
5 Mini Mac Burger on a Whole Grain Bun Featured Veggies: Red Pepper Strips Choice of Fruit Choice of Milk	6 Chicken Walking Taco w/Nacho Cheese Doritos & a Cookies & Cream Granola Bar Featured Veggies: Corn Choice of Fruit Choice of Milk	7 Pasta w/Meatballs Featured Veggies: Side Salad Choice of Fruit Choice of Milk	8 Sweet 'n Sour Chicken Fried Rice Featured Veggies: Baby Carrots Choice of Fruit Choice of Milk	9 Egg & Cheese Bagel Sandwich Featured Veggies: Tater Triangles Choice of Fruit Choice of Milk
12 Chicken Tenders w/a Whole Grain Soft Pretzel Featured Veggies: Green Pepper Strips Choice of Fruit Choice of Milk	13 Soft Shell Beef Tacos Featured Veggies: Tomatoes Choice of Fruit Choice of Milk	14 French Toast Sticks w/ Pork Sausage Links Fresh Fruit Cup  Featured Veggies: Sweet Potato Home Fries Choice of Fruit Choice of Milk	15 Chicken Mashed Potato Bowl w/Scooby Snacks Featured Veggies: Mashed Potatoes & Corn Choice of Fruit Choice of Milk	16 Pizza Bagels Featured Veggies: Broccoli w/Cheese Choice of Fruit Choice of Milk
19 No School	20 BBQ Boneless Chicken Wings Whole Grain Soft Pretzel Featured Veggies: Celery & Carrot Stick Cup Choice of Fruit Choice of Milk	21 Cheeseburger Mac Featured Veggies: Cucumbers Choice of Fruit Choice of Milk	22 Taco Pizza Featured Veggies: Red Pepper Strips Choice of Fruit Choice of Milk	23 Fish Sticks w/a Cookies & Cream Granola Bar Featured Veggies: Broccoli Choice of Fruit Choice of Milk
26 Chicken Nuggets Whole Grain Soft Pretzel Featured Veggies: Cucumbers Choice of Fruit Choice of Milk	27 Beef Walking Taco w/Tostito Scoops & a Chocolate Chip Granola Bar Featured Veggies: Red Pepper Strips Choice of Fruit Choice of Milk	28 Butter Chicken w/Whole Grain Flat Bread Featured Veggies: Strawberry Spinach Salad Choice of Fruit Choice of Milk	29 Pancakes w/Syrup & Pork Sausage Links  Featured Veggies: Tater Triangles Choice of Fruit Choice of Milk	