

BABY



Black Bean

Meet Your Nutritious Friend:  
Baby Black Bean

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
*Free breakfast & lunch to all students when school is in session.		Non-Attendance Day	Non-Attendance Day	No School
6	7	8	9	10
No School	All Star WG Soft Shell Beef Tacos  <b>FEATURED VEGGIES</b> Red Pepper Strips	Mini Turkey Corn Downward Dogs (WG)  <b>FEATURED VEGGIES</b> Corn	Tough Guy Chicken Tenders w/a WG Dinner Roll  <b>FEATURED VEGGIES</b> Peas	Surfing Superfruit Craveable w/WG Goldfish   <b>FEATURED VEGGIES</b> Tomatoes
13	14	15	16	17
Non-Attendance Day	Power Punch Orange Chicken WG Fried Rice  <b>FEATURED VEGGIES</b> Celery Sticks	WG Tango Taco Pizza  <b>FEATURED VEGGIES</b> Red Pepper Strips	Heart Pumpkin' Pasta w/Meatballs  <b>FEATURED VEGGIES</b> Romaine Side Salad	Pilates WG Pizza Pierogies   <b>FEATURED VEGGIES</b> Corn
20	21	22	23	24
Champion Cheeseburger on a WG Bun  <b>FEATURED VEGGIES</b> Sidewinder Fries	Friendly WG French Toast Sticks w/Power Pork Sausage Links OR 2 Cheese Sticks Fresh Fruit Cup  <b>FEATURED VEGGIES</b> Sweet Potato Home Fries	BBQ Beast Mode Boneless Chicken Wings w/a WG Dinner Roll  <b>FEATURED VEGGIES</b> Spring Greens Side Salad	Chillin' Cheeseburger Mac  <b>FEATURED VEGGIES</b> Romaine Side Salad	Side Plank WG Fish Shapes w/ WG Scooby Snacks  <b>FEATURED VEGGIES</b> Green Beans
27	28	29	30	
WG Garlic French Bread Power Pizza w/Pizza Sauce  <b>FEATURED VEGGIES</b> Celery Sticks	Chicken Mashed Potato Bowl w/ WG Scooby Snacks  <b>FEATURED VEGGIES</b> Mashed Potatoes & Gravy Corn	WG Push Up Pancakes w/Syrup & Power Sausage Links OR 2 Cheese Sticks (HS + Cheese Stick)  <b>FEATURED VEGGIES</b> Tater Triangles	Boxing Butter Chicken w/Whole Grain Flat Bread  <b>FEATURED VEGGIES</b> Strawberry Spinach Salad	

**What is a Meal?**  
You must choose at least 3 of the 5 components available for the school lunch price.




- Choice of Whole Grain
- Choice of Meat/Meat Alternative
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.

**Choice of Vegetable May Include:**  
Dark Green-Spinach, broccoli, romaine salad  
Red/Orange-Carrots, sweet potatoes, tomatoes, red peppers  
Legumes – Beans & chick peas  
Starchy-White potatoes, corn, peas  
Other Vegetables-celery sticks, cucumbers, cauliflower, green peppers, green beans

**Choice of Fruit May Include:**  
Oranges, apples, bananas, pears, peaches, strawberries, applesauce, pineapple, & mandarin oranges

**Choice of Milk**  
1% white, fat-free white, fat-free chocolate




**Daily Entrée Options May Include:**  
-Smucker's WG Uncrustable PB&J   
-Cheese or Cheese/Pepp Pizza  
-Chicken Patty on a WG Bun  
-Milk, fruit & vegetable   
-WG Turkey & Cheese Sandwich 

\*All grains served are whole grain.  
\*All turkey lunch meat and pepperoni served is Halal



Jenny Patterson: General Manager  
Jean Viglione: Registered Dietitian  
Suzanne Robertson: Operations Manager  
Jess Kremer: Executive Chef

Lisa Kaschak: Culinary  
Center Kitchen Manager  
**Phone: 814-874-6885**  
**Fax: 814-874-6889**

 **Vegetarian**  
*These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg*  
**(WG) Whole Grain**  
 Halal  Contains Pork