

















**Meet Your Nutritious Friend:
Preppy Plantain**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1 Soft Shell Beef Tacos FEATURED VEGGIES Tomatoes	2 French Toast Sticks w/ Pork Sausage Links Fresh Fruit Cup  FEATURED VEGGIES Sweet Potato Home Fries	3 Chicken Mashed Potato Bowl w/ Scooby Snacks FEATURED VEGGIES Mashed Potatoes Corn	4 WG Grilled Cheese Sandwich  FEATURED VEGGIES Broccoli	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 Beans/Peas-Chick Peas Starchy-White potatoes, corn & lima beans Other Vegetables-celery sticks, cucumbers, cauliflower, green peppers, green beans & cabbage 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 Uncrustable PB&J  -Cheese or Cheese/Pepp Pizza  -Chicken Patty on a WG Bun -Milk, fruit & vegetable  -Turkey & Cheese Sandwich  *All grains served are whole grain. *All turkey lunch meat and pepperoni served is Halal.
7 Meatball Hoagie on a WG Bun FEATURED VEGGIES French Fries	8 BBQ Boneless Chicken Wings w/a WG Dinner Roll FEATURED VEGGIES Celery & Carrot Stick Cup	9 Spring Fest Pot Roast w/Gravy and a WG Dinner Roll FEATURED VEGGIES Cheesy Potatoes Green Beans	10 Taco Pizza FEATURED VEGGIES Romaine Side Salad	11 Fish Shapes w/ Chocolate Tiger Bites FEATURED VEGGIES Cauliflower w/ Cheese	
14 Non-Attendance Day	15 Non-Attendance Day	16 Non-Attendance Day	17 Non-Attendance Day	18 No School	
21 No School	22 WG Grilled Cheese Sandwich  FEATURED VEGGIES Red Pepper Strips	23 Popcorn Chicken FEATURED VEGGIES Baby Carrots	24 Cheese Pizza Bagel  FEATURED VEGGIES Side Salad	25 Hot Dog on a WG Bun  FEATURED VEGGIES Celery Sticks	
28 Chicken Nuggets FEATURED VEGGIES Cherry Tomatoes	29 BBQ Ribby on a WG Bun  FEATURED VEGGIES Vegetarian Baked Beans	30 WG Grilled Cheese Sandwich  FEATURED VEGGIES Green Beans	*Free breakfast & lunch available to all students when school is in session		

Jenny Johns Patterson: General Manager
Jean Viglione: Registered Dietitian
Suzanne Robertson: Café Services Manager
Jess Kremer: Executive Chef

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



Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.