

















Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
3 Somersault Sloppy Joe on a WG Bun FEATURED VEGGIES Corn	4 WG Gratifying Grilled Cheese Sandwich  FEATURED VEGGIES Red Pepper Strips	5 Hula Hoop Hawaiian Meatballs over Rice FEATURED VEGGIES Broccoli	6 Chicken Patty on a WG Bun FEATURED VEGGIES Peas	7 Chicken Ninja Nuggets FEATURED VEGGIES Celery Sticks	<p>What is a Meal? You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Meat/Meat Alternative - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>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</p> <p>Choice of Fruit May Include: Oranges, apples, bananas, pears, peaches, strawberries, applesauce, pineapple & mandarin oranges</p> <p>Choice of Milk 1% white, fat-free white, fat-free chocolate</p> <p>Daily Entrée Options May Include:</p> <ul style="list-style-type: none"> -Smucker's Uncrustable PB&J  -Cheese or Cheese/Pepp Pizza  -Chicken Patty on a WG Bun -Milk, fruit & vegetable  -Turkey & Cheese Sandwich  <p>*All grains served are whole grain.</p> <p>*All turkey lunch meat and pepperoni served is Halal.</p>
10 Hip Hop Hot Dog or Turkey Dog on a WG Bun  FEATURED VEGGIES Red Pepper Strips	11 All Star Soft Shell Beef Tacos FEATURED VEGGIES Tomatoes	12 Chicken Patty on WG Maple Flatbread FEATURED VEGGIES Carrots	13 Corn Downward Dog  FEATURED VEGGIES Green Beans	14 Valentine's Day Birthday Cake Pancakes Strawberry Yogurt & Cheese Stick FEATURED VEGGIES Tater Triangles	
17 Non-Attendance Day	18 BBQ Pulled Pork on a WG Bun  FEATURED VEGGIES Tomatoes	19 Friendly French Toast Sticks w/ Power Pork Sausage Links & Fresh Fruit Cup  FEATURED VEGGIES Sweet Potato Home Fries	20 Chin Up Chicken Mashed Potato Bowl w/ Scooby Snacks FEATURED VEGGIES Corn Mashed Potatoes	21 WG Gratifying Grilled Cheese Sandwich  FEATURED VEGGIES Broccoli	
24 Mountain Climber Meatball Hoogie on a WG Bun FEATURED VEGGIES French Fries	25 BBQ Beast Mode Boneless Chicken Wings w/a WG Dinner Roll FEATURED VEGGIES Celery & Carrot Stick Cup	26 Chillin' Cheeseburger Mac (Non WG Pasta) FEATURED VEGGIES Cucumbers	27 Tango Taco Pizza FEATURED VEGGIES Romaine Side Salad	28 Side Plank Fish Shapes w/ Chocolate Tiger Bites FEATURED VEGGIES Cauliflower w/ Cheese	
				<p>*Free breakfast & lunch available to all students when school is in session</p>	

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

Phone: 814-874-6885
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 **Vegetarian**
These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg
 **Whole Grain**  **Contains Pork**
 **Halal**

