



**Meet Your Nutritious Friend:  
Radical Radish**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p>3</p> <p>Chicken Ninja Nuggets w/ a WG Dinner Roll</p> <p><b>FEATURED VEGGIES</b> Cucumbers</p>	<p>4</p> <p>Speed Walking Taco w/ Beef Tostito Scoops &amp; Heartzels</p> <p><b>FEATURED VEGGIES</b> Red Pepper Strips</p>	<p>5</p> <p>Ash Wednesday</p> <p>Surfing Superfruit Craveable w/a Blueberry Mini Loaf</p> <p><b>FEATURED VEGGIES</b> Tomatoes</p>	<p>6</p> <p>Push Up Pancakes w/Syrup &amp; Pork Sausage Links</p> <p><b>FEATURED VEGGIES</b> Tater Triangles</p>	<p>7</p> <p>Pizza Bagels</p> <p><b>FEATURED VEGGIES</b> Celery Sticks</p>	<p><b>What is a Meal?</b> You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Meat/Meat Alternative</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p><b>Choice of Vegetable May Include:</b> Dark Green-Spinach, broccoli, romaine salad Red/Orange-Carrots, sweet potatoes, tomatoes, red peppers Beans/Peas-Chick Peas Starchy-White potatoes, corn &amp; lima beans Other Vegetables-celery sticks, cucumbers, cauliflower, green peppers, green beans &amp; cabbage</p> <p><b>Choice of Fruit May Include:</b> Oranges, apples, bananas, pears, peaches, strawberries, applesauce, pineapple, &amp; mandarin oranges</p> <p><b>Choice of Milk</b> 1% white, fat-free white, fat-free chocolate</p> <p><b>Daily Entrée Options May Include:</b></p> <ul style="list-style-type: none"> <li>-Smucker's Uncrustable PB&amp;J</li> <li>-Cheese or Cheese/Pepp Pizza</li> <li>-Chicken Patty on a WG Bun</li> <li>-Milk, fruit &amp; vegetable</li> <li>-Turkey &amp; Cheese Sandwich</li> </ul> <p>*All grains served are whole grain.</p> <p>*All turkey lunch meat and pepperoni served is Halal.</p>
<p>10</p> <p>Champion Cheeseburger on a WG Bun</p> <p><b>FEATURED VEGGIES</b> French Fries</p>	<p>11</p> <p>Hip Hop Hot Dog on a WG Bun</p> <p><b>FEATURED VEGGIES</b> Vegetarian Baked Beans</p>	<p>12</p> <p>Kickin' Chicken 'N Waffle Sandwich</p> <p><b>FEATURED VEGGIES</b> Green Beans</p>	<p>13</p> <p>Go Getter Goulash (Non WG Pasta)</p> <p><b>FEATURED VEGGIES</b> Romaine Side Salad</p>	<p>14</p> <p>WG Gratifying Grilled Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> Broccoli</p>	
<p>17</p> <p>Somersault Sloppy Joe on a WG Bun</p> <p><b>FEATURED VEGGIES</b> Corn</p>	<p>18</p> <p>Corn Downward Dog</p> <p><b>FEATURED VEGGIES</b> Tomatoes</p>	<p>19</p> <p>Hula Hoop Hawaiian Meatballs over Rice</p> <p><b>FEATURED VEGGIES</b> Broccoli</p>	<p>20</p> <p>Take a Walk Waffles w/ a Fried Chicken Leg</p> <p><b>FEATURED VEGGIES</b> Green Beans</p>	<p>21</p> <p>Jump Back Mac &amp; Cheese (Non WG Pasta)</p> <p><b>FEATURED VEGGIES</b> Cucumbers</p>	
<p>24</p> <p>Mini Mac Snack Attack Burger on a WG Bun</p> <p><b>FEATURED VEGGIES</b> Red Pepper Strips</p>	<p>25</p> <p>Speed Walking Taco w/Chicken Nacho Cheese Doritos &amp; a Grandma's Chocolate Chip Cookie</p> <p><b>FEATURED VEGGIES</b> Tomatoes</p>	<p>26</p> <p>Heart Pumpin' Pasta w/ Meatballs (Non WG Pasta)</p> <p><b>FEATURED VEGGIES</b> Romaine Side Salad</p>	<p>27</p> <p>Power Punch Orange Chicken &amp; Fried Rice</p> <p><b>FEATURED VEGGIES</b> Celery Sticks</p>	<p>28</p> <p>Non-Attendance Day</p>	
<p>31</p> <p>Tough Guy Chicken Tenders w/ a WG Dinner Roll</p> <p><b>FEATURED VEGGIES</b> Green Pepper Strips</p>				<p>*Free breakfast &amp; lunch available to all students when school is in session</p>	
<p>Jenny Johns Patterson: General Manager</p> <p>Jean Viglione: Registered Dietitian</p> <p>Suzanne Robertson: Café Services Manager</p> <p>Jess Kremer: Executive Chef</p>	<p>Phone: 814-874-6885</p> <p>Fax: 814-874-6889</p>	<p> Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</p> <p> (WG) Whole Grain</p> <p> Halal</p> <p> Contains Pork</p>			