
















Meet Your Nutritious Friend:  
Preppy Plantain

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1 Soft Shell Beef Tacos  <b>FEATURED VEGGIES</b> Tomatoes	2 French Toast Sticks w/ Pork Sausage Links Fresh Fruit Cup  <b>FEATURED VEGGIES</b> Sweet Potato Home Fries	3 Chicken Mashed Potato Bowl w/ Scooby Snacks  <b>FEATURED VEGGIES</b> Mashed Potatoes Corn	4 WG Grilled Cheese Sandwich  <b>FEATURED VEGGIES</b> Broccoli	<b>What is a Meal?</b> 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.  <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 & lima beans Other Vegetables-celery sticks, cucumbers, cauliflower, green peppers, green beans & cabbage  <b>Choice of Fruit May Include:</b> Oranges, apples, bananas, pears, peaches, strawberries, applesauce, pineapple, & mandarin oranges  <b>Choice of Milk</b> 1% white, fat-free white, fat-free chocolate  <b>Daily Entrée Options May Include:</b> -Turkey Entrée Salad w/ WG Goldfish Crackers ☾ -Vegetarian Garden Entrée Salad w/WG Goldfish Crackers 🥬 -Smucker's WG Uncrustables PB&J w/Cheese Stick 🥬 -String Cheese & Yogurt Combo w/WG Goldfish Crackers 🥬 -Turkey & Cheese Sandwich ☾ Options also include milk, fruit & vegetable. 🥬 *Additional WG dinner roll available upon request
7 Meatball Hoagie on a WG Bun  <b>FEATURED VEGGIES</b> French Fries	8 BBQ Boneless Chicken Wings w/a WG Dinner Roll  <b>FEATURED VEGGIES</b> Celery & Carrot Stick Cup	9 <b>Spring Fest</b> Pot Roast w/Gravy and a WG Dinner Roll  <b>FEATURED VEGGIES</b> Cheesy Potatoes Green Beans	10 Taco Pizza Domino's Pizza: Connell, Jefferson, McKinley, Erie Intervention, Eagle's Nest  <b>FEATURED VEGGIES</b> Romaine Side Salad	11 Fish Shapes w/ Chocolate Tiger Bites  <b>FEATURED VEGGIES</b> 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  <b>FEATURED VEGGIES</b> Red Pepper Strips	23 Cleveland, Connell-Corn Dogs, Lincoln, McKinley, PB- Pulled Pork Sandwich  All Others: Popcorn Chicken  <b>FEATURED VEGGIES</b> Baby Carrots	24 Cheese Pizza Bagel   <b>FEATURED VEGGIES</b> Side Salad	25 Hot Dog on a WG Bun   <b>FEATURED VEGGIES</b> Celery Sticks	
28 Chicken Nuggets  <b>FEATURED VEGGIES</b> Cherry Tomatoes	29 BBQ Ribby on a WG Bun   <b>FEATURED VEGGIES</b> Vegetarian Baked Beans	30 WG Grilled Cheese Sandwich   <b>FEATURED VEGGIES</b> Green Beans		*Free breakfast & lunch available to all students when school is in session  *All grains offered are whole grain  *All turkey lunch meat & pepperoni served is Halal	
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	 Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES		