



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p>3 Somersault Sloppy Joe on a WG Bun</p> <p>FEATURED VEGGIES Corn</p>	<p>4 WG Gratifying Grilled Cheese Sandwich</p> <p>FEATURED VEGGIES Red Pepper Strips</p>	<p>5 Hula Hoop Hawaiian Meatballs over Rice</p> <p>FEATURED VEGGIES Broccoli</p>	<p>6 Chicken Patty on a WG Bun</p> <p>FEATURED VEGGIES Peas</p>	<p>7 Chicken Ninja Nuggets</p> <p>FEATURED VEGGIES Celery Sticks</p>	<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"> -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 <p>Options also include milk, fruit & vegetable. *Additional WG dinner roll available upon request</p>
<p>10 Hip Hop Hot Dog or Turkey Dog on a WG Bun</p> <p>FEATURED VEGGIES Corn</p>	<p>11 All Star Soft Shell Beef Tacos</p> <p>FEATURED VEGGIES Tomatoes</p>	<p>12 Chicken Patty on WG Maple Flatbread</p> <p>FEATURED VEGGIES Carrots</p>	<p>13 Corn Downward Dog</p> <p>FEATURED VEGGIES Celery Sticks</p>	<p>14 Valentine's Day Birthday Cake Pancakes Strawberry Yogurt & Cheese Stick</p> <p>FEATURED VEGGIES Tater Triangles</p>	
<p>17 Non-Attendance Day</p>	<p>18 BBQ Pulled Pork on a WG Bun</p> <p>FEATURED VEGGIES Tomatoes</p>	<p>19 Friendly French Toast Sticks w/ Power Pork Sausage Links & Fresh Fruit Cup</p> <p>FEATURED VEGGIES Sweet Potato Home Fries</p>	<p>20 Chin Up Chicken Mashed Potato Bowl w/ Scooby Snacks</p> <p>FEATURED VEGGIES Corn Mashed Potatoes</p>	<p>21 WG Gratifying Grilled Cheese Sandwich</p> <p>FEATURED VEGGIES Broccoli</p>	
<p>24 Mountain Climber Meatball Hoagie on a WG Bun</p> <p>FEATURED VEGGIES French Fries</p>	<p>25 BBQ Beast Mode Boneless Chicken Wings w/a WG Dinner Roll</p> <p>FEATURED VEGGIES Celery & Carrot Stick Cup</p>	<p>26 Chillin' Cheeseburger Mac (Non WG Pasta)</p> <p>FEATURED VEGGIES Cucumbers</p>	<p>27 Tango Taco Pizza</p> <p>FEATURED VEGGIES Romaine Side Salad</p>	<p>28 Side Plank Fish Shapes w/ Chocolate Tiger Bites</p> <p>FEATURED VEGGIES Cauliflower w/ Cheese</p>	
				<p>*Free breakfast & lunch available to all students when school is in session</p> <p>*All grains offered are whole grain</p> <p>*All turkey lunch meat & pepperoni served is Halal</p>	
<p>Jenny Johns Patterson: General Manager Jean Viglione: Registered Dietitian Suzanne Robertson: Café Services Manager Jess Kremer: Executive Chef</p>	<p>Phone: 814-874-6885 Fax: 814-874-6889</p>	<p> Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg (WG) Whole Grain Contains Pork</p> <p> Halal</p>			