

**Meet Your Nutritious Friend:  
Cheerleading Cherries**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>WG Garlic French Bread Power Pizza w/Pizza Sauce</p> <p></p> <p><b>FEATURED VEGGIES</b> Celery Sticks</p>	<p>3</p> <p>Chicken Mashed Potato Bowl w/ WG Scooby Snacks</p> <p><b>FEATURED VEGGIES</b> Mashed Potatoes &amp; Gravy Corn</p>	<p>4</p> <p>WG Push Up Pancakes w/Syrup &amp; Power Sausage Links OR 2 Cheese Sticks (Intervention HS + Cheese Stick)</p> <p></p> <p><b>FEATURED VEGGIES</b> Tater Triangles</p>	<p>5</p> <p>Boxing Butter Chicken w/Whole Grain Flat Bread</p> <p></p> <p><b>FEATURED VEGGIES</b> Strawberry Spinach Salad</p>	<p>6</p> <p>Excellence WG Egg &amp; Cheese Bagel Sandwich</p> <p></p> <p><b>FEATURED VEGGIES</b> Green Pepper Strips</p>
<p>9</p> <p>Mountain Climber Italian Meatball Sub on a WG Bun</p> <p><b>FEATURED VEGGIES</b> Sidewinder Fries</p>	<p>10</p> <p>WG Speed Walking Taco w/Beef and Tostito Scoops &amp; WG Hartzels</p> <p><b>FEATURED VEGGIES</b> Red Pepper Strips</p>	<p>11</p> <p>Take A Walk WG Waffles w/a Fried Chicken Leg</p> <p><b>FEATURED VEGGIES</b> Green Beans</p>	<p>12</p> <p>BBQ Ripped Ribby on a WG Bun</p> <p></p> <p>Domino's: Edison, Diehl, Cleveland, Perry</p> <p><b>FEATURED VEGGIES</b> Corn</p>	<p>13</p> <p>Jump Back Mac &amp; Cheese</p> <p></p> <p><b>Cotton Candy Ice Cream</b></p> <p><b>FEATURED VEGGIES</b> Romaine Side Salad</p>
<p>16</p> <p>Friendly WG French Toast Sticks w/Power Pork Sausage Links OR 2 Cheese Sticks</p> <p></p> <p><b>FEATURED VEGGIES</b> Sweet Potato Home Fries</p>	<p>17</p> <p>WG Speed Walking Taco w/Chicken &amp; Nacho Cheese Doritos &amp; Choc Chip Cookies</p> <p><b>FEATURED VEGGIES</b> Tomatoes</p>	<p>18</p> <p>Hip Hop Hot Dog on a WG Bun</p> <p></p> <p><b>FEATURED VEGGIES</b> Vegetarian Baked Beans</p>	<p>19</p> <p>Go Getter Goulash</p> <p><b>FEATURED VEGGIES</b> Romaine Side Salad</p>	<p>20</p> <p>Cheering Cheesy Pull Apart Bread (WG)</p> <p></p> <p><b>FEATURED VEGGIES</b> Tater Triangles</p>
<p>23</p> <p>Chicken Ninja Nuggets w/a Whole Grain Dinner Roll</p> <p><b>FEATURED VEGGIES</b> Cucumber Slices</p>	<p>24</p> <p>All Star WG Soft Shell Beef Tacos</p> <p><b>FEATURED VEGGIES</b> Red Pepper Strips</p>	<p>25</p> <p>Mini Corn Downward Dogs (Turkey, WG)</p> <p></p> <p><b>FEATURED VEGGIES</b> Glazed Carrots</p>	<p>26</p> <p>Tough Guy Chicken Tenders w/a WG Dinner Roll</p> <p>Domino's Pizza: Lincoln, Harding, PB, Intervention, Eagle's Nest</p> <p><b>FEATURED VEGGIES</b> Peas</p>	<p>27</p> <p>Harding, Connell, Diehl: Superfruit Craveable w/WG Goldfish All Others: WG Grilled Cheese Sandwich </p> <p><b>FEATURED VEGGIES</b> Tomatoes</p>
				<p>*Free breakfast &amp; lunch to all students when school is in session.</p> <p>*All grains offered are whole grains.</p> <p>*All turkey lunch meat and pepperoni served is Halal.</p>

**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 1/2 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  
Legumes – beans & chick peas  
Starchy-White potatoes, corn, peas  
Other Vegetables-celery sticks, cucumbers, cauliflower, green peppers, green beans

**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:**

- 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 
- WG Turkey & Cheese Sandwich 


Options also include milk, fruit & vegetable. 



\*Additional WG dinner roll available upon request.



Jenny Patterson: General Manager  
Jean Viglione: Registered Dietitian  
Suzanne Robertson: Operations Manager  
Jess Kremer: Executive Chef

Lisa Kaschak: Culinary  
Center Kitchen Manager  
**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

