











Monday	Tuesday	Wednesday	Thursday	Friday
 Burrito Bowl Bar: Build your burrito bowl with choice of taco beef or chicken or ranch refried beans (🌱). Served with your choice of sides & toppings.				
<p>2</p> <p>Game On Chicken Parmesan Rosa Sandwich</p> <p>FEATURED VEGGIES Celery Sticks Coleslaw</p>	<p>3</p> <p>Chin Up Mashed Potato Bowl w/ WG Scooby Snacks</p> <p>FEATURED VEGGIES Mashed Potatoes w/Gravy Corn</p>	<p>4</p> <p>WG Push Up Pancakes w/Syrup & Power Sausage Links and a Cheese Stick</p>  <p>FEATURED VEGGIES Tater Triangles Cucumbers</p>	<p>5</p> <p>Super Subs</p> <p>FEATURED VEGGIES Strawberry Spinach Salad Red Pepper Strips</p>	<p>6</p> <p>Gratifying WG Grilled Cheese Sandwich</p>  <p>FEATURED VEGGIES Cream of Tomato Soup Green Pepper Strips</p>
 Picnic Bar: Build your hamburger or hot dog w/assorted toppings & choose from a side of coleslaw, corn on the cob or fries.				
<p>9</p> <p>Mountain Climber Italian Meatball Sub on a WG Bun</p> <p>FEATURED VEGGIES Sidewinder Fries Kale Citrus Side Salad</p>	<p>10</p> <p>Street Eats WG Beef Walking Taco w/ Tostito Scoops & a WG Dinner Roll</p> <p>FEATURED VEGGIES Black Bean & Corn Salad Red Pepper Strips</p>	<p>11</p> <p>Take A Walk WG Waffles w/a Fried Chicken Leg</p> <p>FEATURED VEGGIES Green Beans Cucumber Salad w/Dressing</p> 	<p>12</p> <p>BBQ Ripped Ribby on a Whole Grain Bun</p>  <p>FEATURED VEGGIES Corn Green Pepper Strips</p>	<p>13</p> <p>Loaded Buff Chicken Alfredo w/Broccoli Baked Potato w/a WG Dinner Roll & WG Goldfish Cotton Candy Ice Cream</p> <p>FEATURED VEGGIES Romaine Side Salad Asian Pepper Slaw</p>
 Boneless Wing Bar! Choice of sauces . Tossed to order. Served with a WG garlic knot and choice of potato/vegetable.				
<p>16</p> <p>Healthy Habit Ham & Cheese on a WG Pretzel Bun</p>  <p>FEATURED VEGGIES Tater Triangles Green Pepper Slices</p>	<p>17</p> <p>Challenging Chicken Caesar Fries</p> <p>FEATURED VEGGIES Waffle Fries Tomatoes</p>	<p>18</p> <p>Greek Downward Dog on a WG Bun</p>  <p>FEATURED VEGGIES Vegetarian Baked Beans Green Pepper Strips</p>	<p>19</p> <p>Go Getter Goulash</p> <p>FEATURED VEGGIES Romaine Side Salad Apple Cider Slaw</p>	<p>20</p> <p>BUFF-alo Chicken Dip w/WG Tortilla Chips</p> <p>FEATURED VEGGIES Garlic Parmesan Broccoli Red Pepper Strips</p>
 Shawarma! Choice of beef kofta meatballs, chicken shawarma, or falafel 🌱 over lemon-scented rice or pita. Choice of toppings and sauces.				
<p>23</p> <p>Lunging Loaded Fries w/WG Dinner Roll (2)</p> <p>FEATURED VEGGIES Cucumber Slices Oven Roasted Zucchini</p>	<p>24</p> <p>All Star WG Beef Soft Tacos Supreme</p> <p>FEATURED VEGGIES Street Corn Salad Yellow Beans</p>	<p>25</p> <p>Super Power Hot Turkey Sandwich w/Gravy</p> <p>FEATURED VEGGIES Broccoli Mashed Potatoes w/Gravy</p>	<p>26</p> <p>Tough Guy Chicken Tenders w/a WG Dinner Roll</p> <p>FEATURED VEGGIES Peas Tomatoes</p>	<p>27</p> <p>Keep Pushin' Pepperoni & Cheese Calzone w/ Pizza Sauce</p>  <p>FEATURED VEGGIES Romaine Side Salad Popcorn Cauliflower</p>
<p style="text-align: right;">*Free breakfast & lunch available to all students when school is in session</p>				
<p>Jenny Patterson: General Manager Jean Viglione: Registered Dietitian Suzanne Robertson: Operations Manager Jess Kremer: Executive Chef</p> <p style="text-align: right;">Lisa Kaschak: Culinary Center Kitchen Manager Phone: 814-874-6885 Fax: 814-874-6889</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 ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.

Choice of Vegetable May Include:

Spinach, broccoli, romaine salad, carrots, sweet potatoes, tomatoes, red peppers, beans, peas, potatoes, corn, celery sticks, cucumbers, cauliflower, green peppers & green beans

Choice of Fruit May Include:

Oranges, apples, bananas, grapes, pears, peaches, strawberries, applesauce, pineapple & mandarin oranges

Choice of Milk:

1% white, fat-free white, fat-free chocolate

Daily Entrée Options May Include:

- WG Chicken Patty on a Bun w/ a Side of Lettuce & Tomato
- Assorted Fresh Dough Pizza
- Smucker's WG Uncrustables
- Peanut Butter & Jelly Sandwich 🌱

**Cafeteria will have additional promotions available weekly. Look for promotional signage in the café.


*All grains served are whole grain.

*All turkey lunch meat and pepperoni served is Halal.

🌱 **Vegetarian**
These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(WG) **Whole Grain**

🌙 **Halal** 🐷 **Contains Pork**



Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

