





| Monday | Tuesday | Wednesday | Thursday | Friday | Offered Daily |
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| BRAVO! Pasta Bar: Pasta topped w/red or alfredo sauce. Choose between meatballs or grilled chicken & serve w/a whole grain breadstick. | | | | | 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 -WG Chicken Nuggets w/ WG Dinner Roll -Assorted Fresh Dough Pizza -Smucker's WG Uncrustables Peanut Butter & Jelly Sandwich -Salad Bar -Hummus Plates **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. *Free breakfast & lunch available to all students when school is in session. |
| 3 WG Gratifying Grilled Cheese Sandwich  FEATURED VEGGIES Tomato Soup Green Pepper Strips | 4 Mighty Mac Burger Salad w/ WG Goldfish Crackers & a WG Dinner Roll FEATURED VEGGIES French Fries Cucumbers | 5 Hula Hoop Hawaiian Meatballs over Rice FEATURED VEGGIES Broccoli Coleslaw | 6 Take A Walk Waffles w/ a Fried Chicken Leg FEATURED VEGGIES Cucumber Salad Green Beans | 7 Super Subs FEATURED VEGGIES Celery Sticks | |
| BRAVO! Shawarma! Choice of beef kofta meatballs, chicken shawarma, or falafel  over lemon-scented rice or pita. Choice of Toppings and Sauces. | | | | | |
| 10 Mini Mac Snack Attack Burger on a WG Bun FEATURED VEGGIES Garbanzo Beans Red Pepper Strips | 11 Speed Walking Taco w/Chicken & Nacho Cheese Doritos Choc Chip Cookies FEATURED VEGGIES Corn Potato Wedges | 12 Game On Chicken Parmesan Sandwich FEATURED VEGGIES French Fries Romaine Side Salad | 13 Power Punch Orange Chicken & Fried Rice FEATURED VEGGIES Stir Fry Vegetables Baby Carrots | 14 Valentine's Day Birthday Cake Pancakes Strawberry Yogurt & Cheese Stick FEATURED VEGGIES Tater Triangles Celery Sticks | |
| BRAVO! Boneless Wing Bar! Choice of sauce & seasonings . Tossed to order. Served with a WG dinner roll and choice of potato/veg. | | | | | |
| 17 Non-Attendance Day | 18 All Star Beef Soft Taco Supreme FEATURED VEGGIES Yellow Beans Street Corn Salad | 19 Pulled Pork Sandwich on a WG Bun Fresh Fruit Cup  FEATURED VEGGIES Sweet Potato Home Fries Broccoli w/ Cheese | 20 Chin Up Chicken Mashed Potato Bowl w/ Scooby Snacks FEATURED VEGGIES Mashed Potatoes Corn | 21 Transformation Asian Chicken Noodle Bowl FEATURED VEGGIES Asian Pepper Slaw Sautéed Bok Choy | |
| BRAVO! TEXAS SMOKEHOUSE! Choice of BBQ pulled pork or chicken sandwich served w/choice of potato/veg  | | | | | |
| 24 Healthy Habit Hot Ham & Cheese on a Pretzel Bun  FEATURED VEGGIES Tater Triangles Green Peppers | 25 Don't Hurry Chicken Curry Casserole FEATURED VEGGIES Corn Romaine Side Salad | 26 Tough Guy Chicken Tenders w/ a WG Dinner Roll FEATURED VEGGIES Tomatoes Zesty Country Green Beans | 27 BUFF-alo Chicken Dip w/ Tortilla Chips FEATURED VEGGIES Garlic Parmesan Broccoli Celery Sticks | 28 Side Plank Fish Sandwich on a WG Bun FEATURED VEGGIES French Fries Coleslaw | |
| 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 <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (WG) Whole Grain  Contains Pork  Halal | | | | | |

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

