





Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
BRAVO! Hamburger Bar! Build your burger with a choice of assorted toppings. Choose from American or Mozzarella cheese served with a side of fries or vegetable of the day.					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 (V) -Salad Bar -Hummus Plates (V) **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.
2 No School Labor Day	3 Greek Dog on a WG Bun  FEATURED VEGGIES Vegetarian Baked Beans Green Peppers	4 Sliced Turkey w/Gravy & 2 WG Soft Pretzels FEATURED VEGGIES Mashed Potatoes w/Gravy Green Beans	5 Goulash (Non WG Pasta) FEATURED VEGGIES Romaine Side Salad Apple Cider Slaw	6 Grilled Cheese Sandwich (V) FEATURED VEGGIES Creamy Tomato Soup Broccoli	
BRAVO! Pasta Bar: Pasta topped w/red or alfredo sauce. Choose between meatballs or grilled chicken & choose to serve w/a whole grain soft pretzel or breadstick.					
9 Cheeseburger Casserole w/a WG Dinner Roll FEATURED VEGGIES Dill Seasoned Tater Triangle & Peas	10 Chicken Gyro w/ a Side of Tzatziki Sauce FEATURED VEGGIES Roasted Vegetables Cucumbers	11 Hawaiian Meatballs over Rice FEATURED VEGGIES Broccoli Coleslaw	12 Chicken 'N Waffle Sandwich w/Hot Honey Glaze FEATURED VEGGIES Cucumber Salad Green Beans	13 Chicken Bacon Ranch Sub  FEATURED VEGGIES Asian Pepper Slaw Tomatoes	
BRAVO! Hot Dog Bar: Build your hot dog w/assorted toppings & choose from a side of baked beans, coleslaw or French fries. 					
16 Mini Mac Burger on a WG Bun FEATURED VEGGIES Garbanzo Beans Red Pepper Strips	17 South West Chicken w/Rice Bowl FEATURED VEGGIES Corn Potato Wedges	18 Chicken Parmesan Sandwich FEATURED VEGGIES French Fries Romaine Side Salad	19 Sweet & Sour Chicken Fried Rice FEATURED VEGGIES Stir Fry Vegetables Baby Carrots	20 Veggie & Cheese Quesadilla (V) FEATURED VEGGIES Celery Sticks Sautéed Green Beans	
BRAVO! Boneless Wing Bar! Choice of sauce & seasonings . Tossed to order. Served with a pretzel rod ,potato/veg.					
23 Loaded Fries w/ WG Soft Pretzels FEATURED VEGGIES Green Pepper Strips Oven Roasted Zucchini	24 Beef Soft Taco Supreme FEATURED VEGGIES Yellow Beans Street Corn Salad	25 Pulled Pork Sandwich on a WG Bun Fresh Fruit Cup  FEATURED VEGGIES Sweet Potato Home Fries Broccoli w/ Cheese	26 Chicken Mashed Potato Bowl w/ Scooby Snacks FEATURED VEGGIES Mashed Potatoes Corn	27 Non-Attendance Day	
BRAVO!					
30 Non-Attendance Day					
Jenny Johns Patterson: General Manager Jean Viglione: Registered Dietitian Suzanne Robertson: Café Services Manager Jess Kremer: Chef Manager		Shawn Leh: Chef Manager Phone: 814-874-6885 Fax: 814-874-6889		(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (WG) Whole Grain  Halal  Contains Pork	

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

