






Monday	Tuesday	Wednesday	Thursday	Friday
 Boneless Wing Bar! Choice of sauces . Tossed to order. Served with a WG garlic knot and choice of potato/vegetable.				
1 Chicken Legs FEATURED VEGGIES Potato Wedges	2 Turkey & Cheese on a WG Bun  FEATURED VEGGIES Manager's Choice	3 Ham & Cheese on a WG Bun  FEATURED VEGGIES Manager's Choice	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			*Free breakfast & lunch available to all students when school is in session
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 <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (WG) Whole Grain  Halal  Contains Pork

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.





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

