



**Meet Your Nutritious Friend:  
Whistling Watermelon**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 BBQ Ripped Ribby on a WG Bun </p> <p>Edison: Beef Tips &amp; Mashed Potatoes</p> <p><b>FEATURED VEGGIES</b> Corn</p>	<p>2 Turkey &amp; Cheese on a WG Bun</p> <p></p> <p><b>FEATURED VEGGIES</b> Manager's Choice</p>	<p>3 Ham &amp; Cheese on a WG Bun</p> <p></p> <p><b>FEATURED VEGGIES</b> Manager's Choice</p>	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			<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 ½ 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

