




Monday	Tuesday	Wednesday	Thursday	Friday
Specialty Pizzas: Wilson-Philly Steak or Buffalo Chicken, Strong Vincent-Mac & Cheese or Jalapeno Popper, East-Philly Steak or Sausage				
1 Wilson-Fish Sandwich Strong Vincent-Hot Ham & Cheese East-Taco Pizza, Hamburgers or BBQ Ribby FEATURED VEGGIES Corn	2 Wilson-Domino's Pizza Strong Vincent-Turkey & Cheese Sandwich East-Fish Sandwich or Meatball Subs FEATURED VEGGIES Manager's Choice	3 Wilson & Strong Vincent-Ham & Cheese on a WG Bun East-Chicken Legs or Waffles with Pork Sausage Links 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 1/2 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 & lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans & cabbage

Choice of Fruit May Include:
Oranges, apples, bananas, fruit juice, 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
- Assorted Fresh Dough Pizza
- Smucker's WG Uncrustables Peanut Butter & Jelly
- Sub Sandwiches
- Double Cheese Stick Combo w/ WG Mini Loaf & WG Goldfish Crackers
- Garden Entrée Salad
- Turkey Entrée Salad

*Salads Served with WG Goldfish Crackers and a WG Dinner Roll

*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.

