



**Meet Your Nutritious Friend:  
Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Kickin' Chicken Patty on a WG Bun</p> <p><b>FEATURED VEGGIES</b> Corn</p>	<p>3</p> <p>Power Punch Orange Chicken WG Fried Rice</p> <p><b>FEATURED VEGGIES</b> Celery Sticks</p>	<p>4</p> <p>WG Tango Taco Pizza</p> <p><b>FEATURED VEGGIES</b> Diced Carrots</p>	<p>5</p> <p>Heart Pumpin' Pasta w/Meat Sauce</p> <p><b>FEATURED VEGGIES</b> Romaine Side Salad</p>	<p>6</p> <p>Pilates WG Pizza Pierogies</p> <p><b>FEATURED VEGGIES</b> Green Pepper Strips</p>
<p>9</p> <p>Champion Cheeseburger on a WG Bun</p> <p><b>FEATURED VEGGIES</b> Sidewinder Fries</p>	<p>10</p> <p>Friendly WG French Toast Sticks w/Power Pork Sausage Links OR 2 Cheese Sticks Fresh Fruit Cup</p> <p><b>FEATURED VEGGIES</b> Sweet Potato Home Fries</p>	<p>11</p> <p>BBQ Beast Mode Boneless Chicken Wings w/a WG Dinner Roll</p> <p><b>FEATURED VEGGIES</b> Corn</p>	<p>12</p> <p>Chillin' Cheeseburger Mac</p> <p><b>FEATURED VEGGIES</b> Romaine Side Salad</p>	<p>13</p> <p>Corn Downward Dog (WG)</p> <p><b>FEATURED VEGGIES</b> Green Beans</p>
<p>16</p> <p>WG Garlic French Bread Power Pizza w/Pizza Sauce</p> <p><b>FEATURED VEGGIES</b> Peas</p>	<p>17</p> <p>Chicken Mashed Potato Bowl w/ WG Scooby Snacks Strawberry Mango Frozen Juice Cup</p> <p><b>FEATURED VEGGIES</b> Mashed Potatoes &amp; Gravy Corn</p>	<p>18</p> <p>WG Push Up Pancakes w/Syrup &amp; Power Sausage Links OR 2 Cheese Sticks (HS + Cheese Stick)</p> <p><b>FEATURED VEGGIES</b> Tater Triangles</p>	<p>19</p> <p>Boxing Butter Chicken w/Whole Grain Flat Bread</p> <p><b>FEATURED VEGGIES</b> Green Beans</p>	<p>20</p> <p>Excellence WG Egg &amp; Cheese Bagel Sandwich</p> <p><b>FEATURED VEGGIES</b> Diced Carrots</p>
<p>23</p> <p>Mountain Climber Italian Meatball Sub on a WG Bun</p> <p><b>FEATURED VEGGIES</b> Sidewinder Fries</p>	<p>24</p> <p>WG Speed Walking Taco w/Beef and Tostito Scoops &amp; WG Heartzels</p> <p><b>FEATURED VEGGIES</b> Peas</p>	<p>25</p> <p>Take A Walk WG Waffles w/a Fried Chicken Leg</p> <p><b>FEATURED VEGGIES</b> Diced Carrots</p>	<p>26</p> <p>BBQ Ripped Ribby on a WG Bun</p> <p><b>FEATURED VEGGIES</b> Corn</p>	<p>27</p> <p><b>Spring Fest</b> Beef Tips w/Gravy over Noodles Spring Cookie</p> <p><b>FEATURED VEGGIES</b> Green Beans</p>
<p>30</p> <p>Non-Attendance Day</p>	<p>31</p> <p>Non-Attendance Day</p>			<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 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  
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:**  
-Smucker's WG Uncrustable PB&J  
-Cheese or Cheese/Pepp Pizza  
-Chicken Patty on a WG Bun  
-Milk, fruit & vegetable  
-WG Turkey & Cheese Sandwich

\*All grains served are whole grain.

\*All turkey lunch meat and pepperoni served is Halal



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

