

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<b>Specialty Pizza: Sausage &amp; Pepperoni or Hawaiian OR Hummus Platter: Sweet Chili or Pumpkin Pie (V)</b>					<p><b>What is a Meal?</b> You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Meat/Meat Alternative</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p><b>Choice of Vegetable May Include:</b></p> <p>Dark Green: spinach, broccoli, romaine salad Red/Orange: carrots, sweet potatoes, tomatoes &amp; red peppers Legumes: beans &amp; chick peas Starchy White: potatoes, corn, peas &amp; lima beans Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans &amp; cabbage</p> <p><b>Choice of Fruit May Include:</b></p> <p>Oranges, apples, bananas, fruit juice, pears, peaches, strawberries, applesauce, pineapple &amp; mandarin oranges</p> <p><b>Choice of Milk</b> 1% white, fat-free white, fat-free chocolate</p> <p><b>Daily Entrée Options May Include</b></p> <ul style="list-style-type: none"> <li>-WG Chicken Patty on a Bun</li> <li>-Assorted Fresh Dough Pizza</li> <li>-Smucker's WG Uncrustables Peanut Butter &amp; Jelly (V)</li> <li>-Sub Sandwiches</li> <li>-Double Cheese Stick Combo w/ WG Mini Loaf &amp; WG Goldfish Crackers (V)</li> <li>-Assorted Hummus Plates (V)</li> <li>-Garden Entrée Salad (V)</li> <li>-Turkey Entrée Salad 🍗</li> </ul> <p>*Salads Served with WG Goldfish Crackers and a WG Dinner Roll</p> <p>*All grains served are whole grain.</p> <p>*All turkey lunch meat and pepperoni served is Halal.</p> <p><b>*Free breakfast &amp; lunch available to all students when school is in session</b></p>
2 No School Labor Day	3 Greek Dog on a WG Bun  <b>FEATURED VEGGIES</b> Vegetarian Baked Beans	4 Sliced Turkey w/ Gravy & 2 WG Soft Pretzels <b>FEATURED VEGGIES</b> Mashed Potatoes w/ Gravy	5 Goulash (Non WG Pasta) <b>FEATURED VEGGIES</b> Romaine Side Salad	6 Grilled Cheese Sandwich (V) <b>FEATURED VEGGIES</b> Creamy Tomato Soup	
<b>Specialty Pizza: BBQ Chicken or Vegetable (V) OR Hummus Platter: Roasted Red Pepper or Chocolate Dippers (V)</b>					
9 Cheeseburger Casserole w/ a WG Soft Pretzel <b>FEATURED VEGGIES</b> Dill Seasoned Tater Triangles	10 Chicken Gyro w/ a Side of Tzatziki Sauce <b>FEATURED VEGGIES</b> Cucumber Slices	11 Hawaiian Meatballs over Rice <b>FEATURED VEGGIES</b> Broccoli	12 Waffles w/ a Fried Chicken Leg <b>FEATURED VEGGIES</b> Green Beans	13 Macaroni & Cheese w/ a WG Soft Pretzel (V) <b>FEATURED VEGGIES</b> Cherry Tomatoes	
<b>Specialty Pizza: Broccoli Chicken Ranch or Mac &amp; Cheese (V) OR Hummus Platter: Sweet Chili or Pumpkin Pie (V)</b>					
16 Mini Mac Burger on a WG Bun <b>FEATURED VEGGIES</b> Red Pepper Slices	17 Chicken Walking Taco w/Nacho Cheese Doritos & a Cookies & Cream Chewy Granola Bar <b>FEATURED VEGGIES</b> Corn	18 Pasta w/ Meatballs w/ a WG Garlic Stick (Non WG Pasta) <b>FEATURED VEGGIES</b> Romaine Side Salad	19 Sweet & Sour Chicken Fried Rice <b>FEATURED VEGGIES</b> Baby Carrots	20 Beef Philly Cheesesteak <b>FEATURED VEGGIES</b> French Fries	
<b>Specialty Pizza: White Vegetable (V) or Taco OR Hummus Platter: Roasted Red Pepper or Chocolate Dippers (V)</b>					
23 Chicken Tenders w/ a WG Soft Pretzel <b>FEATURED VEGGIES</b> Green Pepper Strips	24 Soft Shell Beef Tacos <b>FEATURED VEGGIES</b> Tomatoes	25 French Toast Sticks w/ Pork Sausage Links Fresh Fruit Cup HS+ Cheese Stick  <b>FEATURED VEGGIES</b> Sweet Potato Home Fries	26 Chicken Mashed Potato Bowl w/ Scooby Snacks <b>FEATURED VEGGIES</b> Mashed Potatoes Corn	27 Non-Attendance Day	
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.

