



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily	
<p>CRAVEABLES</p> <p>6TH – 10TH YOGURT</p> <p>13TH – 17TH HAM & CHEESE</p> <p>20TH – 24TH BREADSTICK</p> <p>27TH – 31ST WALKING TACO</p>		1	2	3	<p>What is a Meal?</p> <p>Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Vegetable</p> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p>Choice of Fruit</p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk</p> <p>1% white or fat-free chocolate</p> <p>Daily Alternates</p> <p>Fresh Chef Salad Craveable of the Week Chicken Nuggets w/ Dinner Roll</p> <p>(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p>(VG) Vegan <i>These items do not contain any animal products</i></p>	
6	7	8	9	10		
<p>BBQ Ribby Sandwich</p> <p>FEATURED VEGGIES Honey Glazed Carrots French Fries</p>	<p>Popcorn Chicken Mashed Potato Bowl w/ Roll</p> <p>FEATURED VEGGIES Mashed Potatoes & Gravy Seasoned Corn</p>	<p>Cheeseburger</p> <p>FEATURED VEGGIES Buttered Noodles Green Peas</p>	<p>Pasta w/ Meatsauce & Breadstick</p> <p>FEATURED VEGGIES Garlic Parmesan Broccoli Italian Salad</p>	<p>Walking Taco</p> <p>FEATURED VEGGIES Tater Tots Black Bean & Corn Salad</p>		
13	14	15	16	17		
<p>Chicken & Gravy over Biscuit</p> <p>FEATURED VEGGIES Mixed Vegetables Seasoned Rice</p>	<p>Chicken Patty Sandwich</p> <p>FEATURED VEGGIES Broccoli Cheese Latin Inspired Beans w/Cilantro</p>	<p>Chicken Tenders w/ Roll</p> <p>FEATURED VEGGIES Seasoned Green Beans French Fries</p>	<p>Macaroni & Cheese</p> <p>FEATURED VEGGIES Honey Glazed Carrots Side Salad</p>	<p>Cheese Stuffed Pizza</p> <p>FEATURED VEGGIES BBQ Baked Beans Broccoli Salad</p>		
20	21	22	23	24		
<p>NO SCHOOL</p>	<p>Hot Turkey & Gravy Sandwich</p> <p>FEATURED VEGGIES Seasoned Rice Golden Corn</p>	<p>Sausage Egg & Cheese Maple Flatbread</p> <p>FEATURED VEGGIES Honey Glazed Carrots Cheesy Potato Bake</p>	<p>Penne w/ Meatballs & Dinner Roll</p> <p>FEATURED VEGGIES Broccoli & Cheese Garbanzo Bean Salad</p>	<p>Tot Chos w/ Taco Meat & Cheese Sauce over Tots</p> <p>FEATURED VEGGIES Tater Tots Coleslaw</p>		
27	28	29	30	31		
<p>NO SCHOOL</p>	<p>Nacho Grande</p> <p>FEATURED VEGGIES Buttered Corn Seasoned Rice</p>	<p>Cheeseburger</p> <p>FEATURED VEGGIES French Fries Mixed Vegetables</p>	<p>Chicken Alfredo w/ Dinner Roll</p> <p>FEATURED VEGGIES Buttered Carrots Caprese Salad</p>	<p>Jazzed Up Fries</p> <p>FEATURED VEGGIES Seasoned Peas Red Pepper Strips</p>		
<p>Your Team</p> <p>Jennifer Bell, General Manager 724.752.1591 ext. 3020 ma1107@metzcorp.com</p>			<p>Meal Prices</p> <p>Student Lunch \$0.00 Reduced Lunch \$0.00 Faculty Lunch \$4.75</p>			

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