

**What is a Meal?**  
You must choose at least 3 of the 5 components available for the school lunch price.  
**Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch**  
Meal or meal alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread  
Choice of Milk - 1% white, and fat-free chocolate

**Weekly Vegetable Subgroups May Include:**  
**Dark green** - spinach, broccoli, romaine and spring salad  
**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers  
**Beans/Peas**  
**Starchy** - white potatoes, corn, and lima beans  
**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

**Daily Fruit Selection May Include:**  
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges

**Daily Entree Option may include:**  
**Monday - Friday**  
**PBJ UNCRUSTABLE CRAVEABLE**  
**W/ CHEESE STICK, GOLDFISH CRACKERS**



**MENU SUBJECT TO CHANGE DUE TO ITEM AVAILABILITY**

Students 1 Free Lunch Daily  
**Students must have cash or money on account for any extras**  
Adult \$3.90  
[www.schoolcafe.com](http://www.schoolcafe.com) For Online Cafeteria Payments

**General Manager**  
Tom Koscienski  
**Phone Number**  
814.371.1016  
**Email:** [ma1073@metzcorp.com](mailto:ma1073@metzcorp.com)  
USDA is an equal opportunity provider and employer.

Monday	Taco Tuesday!	Wednesday	Thursday	Pizza Friday!
<p><b>3</b> Italian Dunkers w/ dipping sauce or Egg, Sausage &amp; Cheese on Croissant <b>Featured Veggies:</b> Red Pepper Strips Buttered Corn Choice of Fruit Choice of Milk</p>	<p><b>4</b> 2 Crunchy Beef Tacos w/ Spanish rice or Turkey &amp; Cheese Hoagie w/ lettuce &amp; tomatoes <b>Featured Veggies:</b> French Fries Lettuce &amp; Tomato Cup Choice of Fruit Choice of Milk</p>	<p><b>5</b> Chicken Patty on a roll or Taco Salad w/ tortilla chips <b>Featured Veggies:</b> Baked Beans Fresh Broccoli Choice of Fruit Choice of Milk</p>	<p><b>6</b> Pierogis with a Dinner Roll or BBQ Ribbie on a Roll <b>Featured Veggies:</b> Green Beans Cole Slaw Choice of Fruit Choice of Milk</p>	<p><b>7</b> Pepperoni Pizza  Fruit &amp; Yogurt Parfait w/ cheese stick, goldfish crackers <b>Featured Veggies:</b> Cucumber Slices Cheesy Broccoli Choice of Fruit Choice of Milk</p>
<p><b>10</b> Cheeseburger on a roll or Buffalo Chicken Dip w/ tortilla chips <b>Featured Veggies:</b> Baked Beans Cauliflower Choice of Fruit Choice of Milk</p>	<p><b>11</b> Walking Taco w/ dinner roll or Lasagna Garlic Bread <b>Featured Veggies:</b> Garden Salad Cucumber Slices Choice of Fruit Choice of Milk</p>	<p><b>12</b> French Toast Sticks w/ Sausage Links or Garden Salad w/ dinner roll <b>Featured Veggies:</b> Celery Sticks Tater Tots Choice of Fruit Choice of Milk</p>	<p><b>13</b> Chicken Nuggets with a Dinner Roll or Hotdog on a roll <b>Featured Veggies:</b> French Fries Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>14</b> Cheese Stick Dippers w/ dipping sauce or Hot Ham &amp; Cheese on a roll <b>Featured Veggies:</b> Buttered Corn Fresh Broccoli Choice of Fruit Choice of Milk</p>
<p><b>17</b> <b>TEACHER</b> <b>IN-SERVICE</b> <b>DAY</b>  <b>NO</b> <b>SCHOOL</b></p>	<p><b>18</b> 2 Beef Tacos on Soft Tortilla Shell or Chicken Patty on a roll <b>Featured Veggies:</b> Baked Beans Cucumber Slices Choice of Fruit Choice of Milk</p>	<p><b>19</b> Spaghetti w/ meatballs or Garden Salad w/ dinner roll <b>Featured Veggies:</b> Green Beans Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>20</b> Toasted Cheese Sandwich or Sloppy Joe on a roll <b>Featured Veggies:</b> Buttered Corn Tomato Soup Choice of Fruit Choice of Milk</p>	<p><b>21</b> Cheese Pizza  or Fruit &amp; Yogurt Parfait w/ cheese stick, goldfish crackers <b>Featured Veggies:</b> Cherry Tomatoes Steamed Broccoli Choice of Fruit Choice of Milk</p>
<p><b>24</b> Pancakes w/ sausage or Pizza Craveable (make your own pizza) <b>Featured Veggies:</b> Tater Tots Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>25</b> Cheeseburger On a Bun or Nacho Grande with a Dinner Roll <b>Featured Veggies:</b> Baked Beans Cucumber Slices Choice of Fruit Choice of Milk</p>	<p><b>26</b> Chicken &amp; Gravy over Biscuit or Chef Salad w/ dinner roll <b>Featured Veggies:</b> Mashed Potatoes w/ gravy Celery Sticks Choice of Fruit Choice of Milk</p>	<p><b>27</b> Mac &amp; Cheese w/ dinner roll or Meatball Hoagie <b>Featured Veggies:</b> Spinach Salad Buttered Diced Carrots Choice of Fruit Choice of Milk</p>	<p><b>28</b> Pepperoni Roll  or Fish Shapes w/ dinner roll <b>Featured Veggies:</b> Cole Slaw Cheesy Broccoli Choice of Fruit Choice of Milk</p>
<p><b>31</b> Rotini w/ meat sauce Garlic Bread or Hot Dog <b>Featured Veggies:</b> Green Beans Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>1</b> Popcorn Chicken Bowl or Taco Salad w/ tortilla chips <b>Featured Veggies:</b> Cucumber Slices Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p><b>2</b> Chicken Nuggets w/ dinner roll or Grilled Chicken Salad with a Dinner Roll <b>Featured Veggies:</b> Baby Carrots Baked Beans Choice of Fruit Choice of Milk</p>	<p><b>3</b> Corn Dog  or Salisbury Steak w/ Dinner Roll <b>Featured Veggies:</b> Mashed Potatoes w/ gravy Cole Slaw Choice of Fruit Choice of Milk</p>	<p><b>4</b> Cheese Pizza  or Fruit &amp; Yogurt Parfait w/ cheese stick, goldfish crackers <b>Featured Veggies:</b> Celery Sticks Broccoli w/cheese Choice of Fruit Choice of Milk</p>