



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2 	3 Yogurt with granola and goldfish crackers Apple slices Orange-tangerine juice	4 "HOT BREAKFAST" Egg, sausage and cheese on croissant Apple slices Fresh orange wedges	5 Banana chocolate chunk benefit bar Apple slices Fresh banana	6 "HOT BREAKFAST" <i>Breakfast taco</i> Maple flatbread, egg, cheese & sausage link Apple slices Fresh strawberries	<p>What is a Meal? Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p>Whole Grain Cereals (CG Johnson & Oklahoma Only) Cinnamon Toast Crunch, Cocoa Puffs, Lucky Charms</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free chocolate</p> <p>For online cafeteria payments and nutritional information, please visit www.schoolcafe.com</p> <p>Lunch account payments made by cash and/or check must be in a payment envelope.</p> <p>Make checks payable to: "DASD Café Fund"</p> <p>All students will receive one free breakfast and/or lunch. Students must have money in account for extra items. No charging allowed.</p>
9 Blueberry muffin with goldfish crackers Apple slices Orange-tangerine juice	10 Yogurt with granola and goldfish crackers Apple slices Orange-tangerine juice	11 "HOT BREAKFAST" Egg, sausage and cheese on croissant Apple slices Fresh orange wedges	12 Banana chocolate chunk benefit bar Apple slices Fresh banana	13 "HOT BREAKFAST" <i>Breakfast taco</i> Maple flatbread, egg, cheese & sausage link Apple slices Fresh strawberries	
16 Blueberry muffin with goldfish crackers Apple slices Orange-tangerine juice	17 Yogurt with granola and goldfish crackers Apple slices Orange-tangerine juice	18 "HOT BREAKFAST" Egg, sausage and cheese on croissant Apple slices Fresh orange wedges	19 Banana chocolate chunk benefit bar Apple slices Fresh banana	20 "HOT BREAKFAST" <i>Breakfast taco</i> Maple flatbread, egg, cheese & sausage link Apple slices Fresh strawberries	
23	24	25	26	27	

Tom Koscienski, General Manager
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Meal Prices
Student Breakfast
Adult Breakfast

1 free daily
\$2.85



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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
 <p>2</p>	<p>3</p> <p>Walking taco</p> <p>Popcorn chicken</p> <p>PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Baked beans Cucumber slices</p>	<p>4</p> <p>French toast sticks with sausage links</p> <p>Turkey & cheese hoagie</p> <p>PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Tater tots Celery sticks</p>	<p>5</p> <p>Pierogis</p> <p>BBQ Ribbie on roll</p> <p>PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Grape tomatoes Cole slaw</p>	<p>6</p> <p>Pepperoni Pizza</p> <p>Banana split parfait</p> <p>PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Garden salad Cucumber slices</p>	<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 1/2 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, fat-free chocolate</p>
<p>9</p> <p>Chicken nuggets with dinner roll</p> <p>Corn dog nugget</p> <p>PBJ uncrustable craveable</p> <p>FEATURED VEGGIES French fries Baby carrots</p>	<p>10</p> <p>2 crunchy beef tacos</p> <p>Cheesy hotdog</p> <p>PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Baked beans Lettuce & tomato cup</p>	<p>11</p> <p>Chicken patty on a roll</p> <p>Sloppy joe</p> <p>PBJ uncrustable craveable</p> <p>FEATURED VEGGIES French fries Fresh broccoli</p>	<p>12</p> <p>Spaghetti with meat sauce</p> <p>Italian hoagie</p> <p>PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Garden salad Baby carrots</p>	<p>13</p> <p>Cheese pizza</p> <p>Banana split parfait</p> <p>PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Garden salad Steamed broccoli</p>	
<p>16</p> <p>Chicken tenders with a dinner roll</p> <p>Pizza burgers</p> <p>PBJ uncrustable craveable</p> <p>FEATURED VEGGIES French fries Celery sticks</p>	<p>17</p> <p>Nacho grande with meat and cheese</p> <p>BBQ chicken & cheese wrap</p> <p>PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Baked beans Cucumber slices</p>	<p>18</p> <p>Cheese stick dippers with dipping sauce</p> <p>Bologna and cheese on a bun</p> <p>PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Steamed broccoli Garden salad</p>	<p>19</p> <p>CHRISTMAS DINNER</p> <p>Sliced turkey w/stuffing</p> <p>PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Mashed potatoes with gravy Golden corn</p>	<p>20</p> <p>Pepperoni pizza</p> <p>PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Garden salad Grape tomatoes</p>	






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<p>Tom Koscienski, General Manager 814.371.1016 ma1073@metzcorp.com</p>		<p>Meal Prices</p> <p>Student Lunch Adult Lunch</p>	<p>1 free daily \$4.75</p>
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