










Meet Your Nutritious Friend:  
Cran "Bogger"

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
				<p><b>"HOT BREAKFAST"</b><sup>1</sup></p> <p><i>Breakfast taco</i> Maple flatbread, egg, cheese &amp; sausage link</p> <p>Apple slices Fresh strawberries</p>	<p><b>What is a Meal?</b></p> <p>Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul>
<p>4</p> <p>Blueberry muffin with goldfish crackers</p> <p>Apple slices Orange-tangerine juice</p>	<p>5</p> <p>Yogurt with granola and goldfish crackers</p> <p>Apple slices Orange-tangerine juice</p>	<p>6</p> <p><b>"HOT BREAKFAST"</b></p> <p>Egg, sausage and cheese on croissant</p> <p>Apple slices Fresh orange wedges</p>	<p>7</p> <p>Banana chocolate chunk benefit bar</p> <p>Apple slices Fresh banana</p>	<p>8</p> <p><b>"HOT BREAKFAST"</b></p> <p><i>Breakfast taco</i> Maple flatbread, egg, cheese &amp; sausage link</p> <p>Apple slices Fresh strawberries</p>	<p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p><b>Whole Grain Cereals (CG Johnson &amp; Oklahoma Only)</b> Cinnamon Toast Crunch, Cocoa Puffs, Lucky Charms</p>
<p>11</p> 	<p>12</p> <p>Yogurt with granola and goldfish crackers</p> <p>Apple slices Orange-tangerine juice</p>	<p>13</p> <p><b>"HOT BREAKFAST"</b></p> <p>Egg, sausage and cheese on croissant</p> <p>Apple slices Fresh orange wedges</p>	<p>14</p> <p>Banana chocolate chunk benefit bar</p> <p>Apple slices Fresh banana</p>	<p>15</p> <p><b>"HOT BREAKFAST"</b></p> <p><i>Breakfast taco</i> Maple flatbread, egg, cheese &amp; sausage link</p> <p>Apple slices Fresh strawberries</p>	<p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white, fat-free chocolate</p>
<p>18</p> <p>Blueberry muffin with goldfish crackers</p> <p>Apple slices Orange-tangerine juice</p>	<p>19</p> <p>Yogurt with granola and goldfish crackers</p> <p>Apple slices Orange-tangerine juice</p>	<p>20</p> <p><b>"HOT BREAKFAST"</b></p> <p>Egg, sausage and cheese on croissant</p> <p>Apple slices Fresh orange wedges</p>	<p>21</p> <p>Banana chocolate chunk benefit bar</p> <p>Apple slices Fresh banana</p>	<p>22</p> <p><b>"HOT BREAKFAST"</b></p> <p><i>Breakfast taco</i> Maple flatbread, egg, cheese &amp; sausage link</p> <p>Apple slices Fresh strawberries</p>	<p>For online cafeteria payments and nutritional information, please visit <a href="http://www.schoolcafe.com">www.schoolcafe.com</a></p> <p>Lunch account payments made by cash and/or check must be in a payment envelope.</p>
<p>25</p> <p>Blueberry muffin with goldfish crackers</p> <p>Apple slices Orange-tangerine juice</p>	<p>26</p> <p>Yogurt with granola and goldfish crackers</p> <p>Apple slices Orange-tangerine juice</p>	<p>27</p> <p><b>"HOT BREAKFAST"</b></p> <p>Egg, sausage and cheese on croissant</p> <p>Apple slices Fresh orange wedges</p>	<p>28</p> <p>29</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>
<p>Tom Koscienski, General Manager 814.371.1016 <a href="mailto:ma1073@metzcorp.com">ma1073@metzcorp.com</a></p> 			<p><b>Meal Prices</b></p> <p>Student Breakfast Adult Breakfast</p> <p>1 free daily \$2.85</p>		 <p><b>Metz</b> CULINARY MANAGEMENT ENVIRONMENTAL SERVICES</p>



Meet Your Nutritious Friend:  
Cran "Bogger"

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
				Pepperoni Pizza <sup>1</sup> Banana split parfait PBJ uncrustable craveable <b>FEATURED VEGGIES</b> Garden salad Cucumber slices	<p><b>What is a Meal?</b> Students 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 Protein</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</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white, fat-free chocolate</p> <p>For online payments and nutritional information, please visit <a href="http://www.schoolcafe.com">www.schoolcafe.com</a></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>
Chicken nuggets with dinner roll <sup>4</sup> Corn dog nugget PBJ uncrustable craveable <b>FEATURED VEGGIES</b> French fries Baby carrots	2 crunchy beef tacos <sup>5</sup> Cheesy hotdog PBJ uncrustable craveable <b>FEATURED VEGGIES</b> Baked beans Lettuce & tomato cup	Chicken patty on a roll <sup>6</sup> Sloppy joe PBJ uncrustable craveable <b>FEATURED VEGGIES</b> French fries Fresh broccoli	Spaghetti with meat sauce <sup>7</sup> Italian hoagie PBJ uncrustable craveable <b>FEATURED VEGGIES</b> Garden salad Baby carrots	Cheese pizza <sup>8</sup> Banana split parfait PBJ uncrustable craveable <b>FEATURED VEGGIES</b> Garden salad Steamed broccoli	
 11	Nacho grande with meat and cheese <sup>12</sup> BBQ chicken & cheese wrap PBJ uncrustable craveable <b>FEATURED VEGGIES</b> Baked beans Cucumber slices	Cheese stick dippers with dipping sauce <sup>13</sup> Bologna and cheese on a bun PBJ uncrustable craveable <b>FEATURED VEGGIES</b> Steamed broccoli Garden salad	Chicken patty on a roll <sup>14</sup> Meatballs and gravy over noodles PBJ uncrustable craveable <b>FEATURED VEGGIES</b> Mashed potatoes w/ gravy Cauliflower florets	Pepperoni pizza <sup>15</sup> Banana split parfait PBJ uncrustable craveable <b>FEATURED VEGGIES</b> Garden salad Grape tomatoes	
Popcorn Chicken <sup>18</sup> Turkey and cheese hoagie PBJ uncrustable craveable <b>FEATURED VEGGIES</b> Fresh cauliflower Baby carrots	Waffles and sausage <sup>19</sup> Cheeseburger on a roll PBJ uncrustable craveable <b>FEATURED VEGGIES</b> Tater tots Cherry tomatoes	Macaroni and cheese <sup>20</sup> Hot ham and cheese on pretzel roll PBJ uncrustable craveable <b>FEATURED VEGGIES</b> Cucumber slices Baked beans	THANKSGIVING DINNER <sup>21</sup> Sliced Turkey w/ Stuffing PBJ uncrustable craveable <b>FEATURED VEGGIES</b> Mashed potatoes with gravy Golden Corn	Cheese pizza <sup>22</sup> Banana split parfait PBJ uncrustable craveable <b>FEATURED VEGGIES</b> Garden salad Cucumber slices	
Italian dunkers with dipping sauce <sup>25</sup> Pizza craveable PBJ uncrustable craveable <b>FEATURED VEGGIES</b> Buttered corn Red pepper strips	2 beef tacos on soft tortilla shell <sup>26</sup> Chicken nuggets with roll PBJ uncrustable craveable <b>FEATURED VEGGIES</b> Baked beans Lettuce and tomato cup	Popcorn Chicken Bowl <sup>27</sup> Corndog PBJ uncrustable craveable <b>FEATURED VEGGIES</b> Garden salad Baby carrots			
Tom Koscienski, General Manager 814.371.1016 <a href="mailto:ma1073@metzcorp.com">ma1073@metzcorp.com</a>			<b>Meal Prices</b> Student Lunch Adult Lunch	1 free daily \$4.75	