



**Meet Your Nutritious Friend:
"Papa" Corn**

| Monday | Tuesday | Wednesday | Thursday | Friday | Offered Daily |
|---|---|--|---|---|---|
| | 1 Yogurt with granola and goldfish crackers Apple slices Orange-tangerine juice | 2 "HOT BREAKFAST" Egg, sausage and cheese on croissant Apple slices Fresh orange wedges | 3 Banana chocolate chunk benefit bar Apple slices Fresh banana | 4 "HOT BREAKFAST" <i>Breakfast taco</i> Maple flatbread, egg, cheese & sausage link Apple slices Fresh strawberries | <p>What is a Meal? You 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>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 a account for extra items. No charging allowed.</p> |
| 7 Blueberry muffin with goldfish crackers Apple slices Orange-tangerine juice | 8 Yogurt with granola and goldfish crackers Apple slices Orange-tangerine juice | 9 "HOT BREAKFAST" Egg, sausage and cheese on croissant Apple slices Fresh orange wedges | 10  | 11 | |
| 14 Blueberry muffin with goldfish crackers Apple slices Orange-tangerine juice | 15 Yogurt with granola and goldfish crackers Apple slices Orange-tangerine juice | 16 "HOT BREAKFAST" Egg, sausage and cheese on croissant Apple slices Fresh orange wedges | 17 Banana chocolate chunk benefit bar Apple slices Fresh banana | 18 "HOT BREAKFAST" <i>Breakfast taco</i> Maple flatbread, egg, cheese & sausage link Apple slices Fresh strawberries | |
| 21 Blueberry muffin with goldfish crackers Apple slices Orange-tangerine juice | 22 Yogurt with granola and goldfish crackers Apple slices Orange-tangerine juice | 23 "HOT BREAKFAST" Egg, sausage and cheese on croissant Apple slices Fresh orange wedges | 24 Banana chocolate chunk benefit bar Apple slices Fresh banana | 25 "HOT BREAKFAST" <i>Breakfast taco</i> Maple flatbread, egg, cheese & sausage link Apple slices Fresh strawberries | |
| 28 Blueberry muffin with goldfish crackers Apple slices Orange-tangerine juice | 29 Yogurt with granola and goldfish crackers Apple slices Orange-tangerine juice | 30 "HOT BREAKFAST" Egg, sausage and cheese on croissant Apple slices Fresh orange wedges | 31 Banana chocolate chunk benefit bar Apple slices Fresh banana | | |

Tom Koscienski, General Manager
814.371.1016
ma1073@metzcorp.com

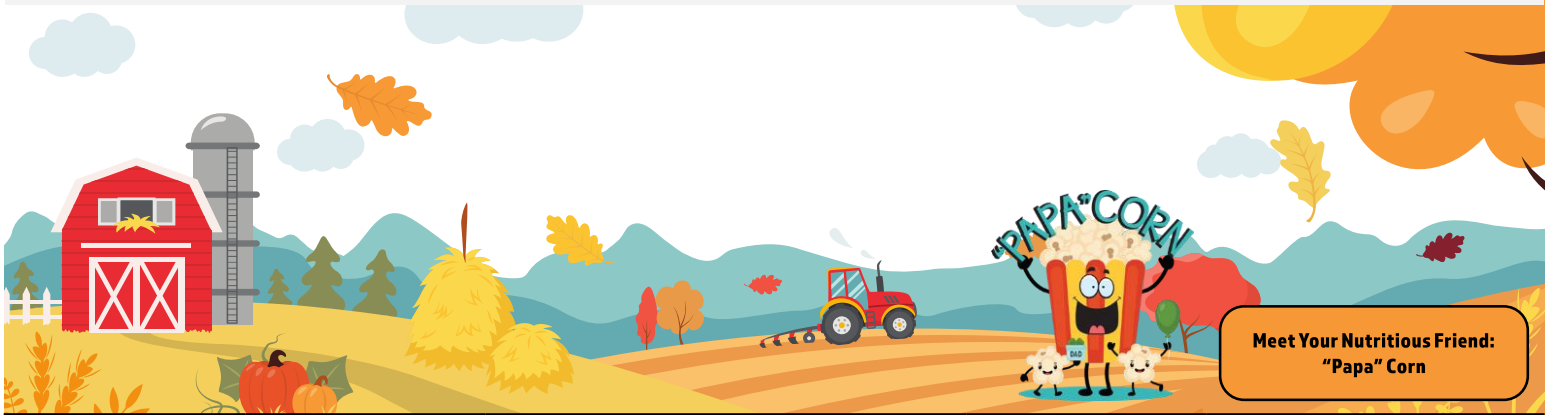


Meal Prices
Student Breakfast
Adult Breakfast

1 free daily
\$2.85



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| Monday | Tuesday | Wednesday | Thursday | Friday | Offered Daily | |
|---|--|---|--|---|--|--------------------------------|
| | <p>2 crunchy beef tacos Cheesy hotdog PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Baked beans Lettuce & tomato cup</p> | <p>Chicken patty on a roll Sloppy joe PBJ uncrustable craveable</p> <p>FEATURED VEGGIES French fries Fresh broccoli</p> | <p>Spaghetti with meatsauce Italian hoagie PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Garden salad Baby carrots</p> | <p>Cheese pizza Banana split parfait PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Garden salad Steamed broccoli</p> | <p>What is a Meal? You 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 Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</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 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> | |
| <p>Chicken tenders with a dinner roll Pizza burgers PBJ uncrustable craveable</p> <p>FEATURED VEGGIES French fries Celery sticks</p> | <p>Nacho grande with meat and cheese BBQ chicken & cheese wrap PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Baked beans Cucumber slices</p> | <p>Cheese stick dippers with dipping sauce Bologna and cheese on a bun PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Steamed broccoli Garden salad</p> | | | | |
| <p>Orange chicken over rice Turkey and cheese hoagie PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Fresh cauliflower Baby carrots</p> | <p>Waffles and sausage Cheeseburger on a roll PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Tater tots Cherry tomatoes</p> | <p>Macaroni and cheese Hot ham and cheese on pretzel roll PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Cucumber slices Baked beans</p> | <p>Turkey and gravy over biscuit Meatball hoagie PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Mashed potatoes with gravy Cole slaw</p> | <p>Cheese pizza Banana split parfait PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Garden salad Cucumber slices</p> | | |
| <p>Italian dunkers with dipping sauce Pizza craveable PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Buttered corn Red pepper strips</p> | <p>2 beef tacos on soft tortilla shell Chicken nuggets with roll PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Baked beans Lettuce and tomato cup</p> | <p>Mini Cheese Ravioli & roll Corn dog PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Garden salad Baby carrots</p> | <p>Toasted cheese sandwich Steak and cheese hoagie PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Tomato soup Cucumber slices</p> | <p>Cheese pizza Banana split parfait PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Steamed broccoli Cole slaw</p> | | |
| <p>Popcorn chicken with dinner roll Cheeseburger on a roll PBJ uncrustable craveable</p> <p>FEATURED VEGGIES French fries Fresh broccoli</p> | <p>Walking taco Lasagna with garlic bread PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Baked beans Cucumber slices</p> | <p>French toast sticks with sausage links Turkey & cheese hoagie PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Tater tots Celery sticks</p> | <p>Pierogies BBQ Ribbie on roll PBJ uncrustable craveable</p> <p>FEATURED VEGGIES Grape tomatoes Cole slaw</p> | | | |
| <p>Tom Koscienski, General Manager 814.371.1016 ma1073@metzcorp.com</p> | | | <p>Meal Prices Student Breakfast Adult Breakfast</p> | | | <p>1 free daily \$4.75</p> |

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