




Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p><b>3</b></p> <p>Egg, sausage and cheese on a croissant</p> <p>Donuts, PBJ uncrustable, yogurt parfait</p> <p>Choice of fruit or juice</p>	<p><b>4</b></p> <p>Egg, sausage and cheese on a croissant</p> <p>Donuts, PBJ uncrustable, yogurt parfait</p> <p>Choice of fruit or juice</p>	<p><b>5</b></p> <p>Egg, sausage and cheese on a croissant</p> <p>Donuts, PBJ uncrustable, yogurt parfait</p> <p>Choice of fruit or juice</p>	<p><b>6</b></p> <p>Egg, sausage and cheese on a croissant</p> <p>Donuts, PBJ uncrustable, yogurt parfait</p> <p>Choice of fruit or juice</p>	<p><b>7</b></p> <p>Egg, sausage and cheese on a croissant</p> <p>Donuts, PBJ uncrustable, yogurt parfait</p> <p>Choice of fruit or juice</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>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p><b>Choice of Fruit</b></p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b></p> <p>1% white, fat-free chocolate</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><b>10</b></p> <p>Egg, sausage and cheese on a croissant</p> <p>Donuts, PBJ uncrustable, yogurt parfait</p> <p>Choice of fruit or juice</p>	<p><b>11</b></p> <p>Egg, sausage and cheese on a croissant</p> <p>Donuts, PBJ uncrustable, yogurt parfait</p> <p>Choice of fruit or juice</p>	<p><b>12</b></p> <p>Egg, sausage and cheese on a croissant</p> <p>Donuts, PBJ uncrustable, yogurt parfait</p> <p>Choice of fruit or juice</p>	<p><b>13</b></p> <p>Egg, sausage and cheese on a croissant</p> <p>Donuts, PBJ uncrustable, yogurt parfait</p> <p>Choice of fruit or juice</p>	<p><b>14</b></p> <p>Egg, sausage and cheese on a croissant</p> <p>Donuts, PBJ uncrustable, yogurt parfait</p> <p>Choice of fruit or juice</p>	
<p><b>17</b></p> <p>Egg, sausage and cheese on a croissant</p> <p>Donuts, PBJ uncrustable, yogurt parfait</p> <p>Choice of fruit or juice</p>	<p><b>18</b></p> <p>Egg, sausage and cheese on a croissant</p> <p>Donuts, PBJ uncrustable, yogurt parfait</p> <p>Choice of fruit or juice</p>	<p><b>19</b></p> <p>Egg, sausage and cheese on a croissant</p> <p>Donuts, PBJ uncrustable, yogurt parfait</p> <p>Choice of fruit or juice</p>	<p><b>20</b></p> <p>Egg, sausage and cheese on a croissant</p> <p>Donuts, PBJ uncrustable, yogurt parfait</p> <p>Choice of fruit or juice</p>	<p><b>21</b></p> 	
<p><b>24</b></p> <p>Egg, sausage and cheese on a croissant</p> <p>Donuts, PBJ uncrustable, yogurt parfait</p> <p>Choice of fruit or juice</p>	<p><b>25</b></p> <p>Egg, sausage and cheese on a croissant</p> <p>Donuts, PBJ uncrustable, yogurt parfait</p> <p>Choice of fruit or juice</p>	<p><b>26</b></p> <p>Egg, sausage and cheese on a croissant</p> <p>Donuts, PBJ uncrustable, yogurt parfait</p> <p>Choice of fruit or juice</p>	<p><b>27</b></p> <p>Egg, sausage and cheese on a croissant</p> <p>Donuts, PBJ uncrustable, yogurt parfait</p> <p>Choice of fruit or juice</p>	<p><b>28</b></p> <p>Egg, sausage and cheese on a croissant</p> <p>Donuts, PBJ uncrustable, yogurt parfait</p> <p>Choice of fruit or juice</p>	
<p><b>Tom Koscienski, General Manager</b> 814.371.1016 <a href="mailto:ma1073@metzcorp.com">ma1073@metzcorp.com</a></p>			<p><b>Meal Prices</b></p> <p>Student Breakfast 1 free daily Adult Breakfast \$2.85</p>		

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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<b>BRAVO!</b> Deli Bar! Create your own sandwich					<p><b>What is a Meal?</b></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"> <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>3</b></p> <p>Popcorn chicken with breadstick</p> <p>Steak and pepper jack cheese hoagie</p> <p><b>FEATURED VEGGIES</b> Curly fries Cherry tomatoes</p>	<p><b>4</b></p> <p><b>French fry bar</b> Steak or buffalo chicken</p> <p>Buffalo chicken &amp; cheese hoagie</p> <p><b>FEATURED VEGGIES</b> Cole slaw Baked beans</p>	<p><b>5</b></p> <p>Chicken BLT sandwich on aloha roll</p> <p>Cheese stuffed shells with garlic toast</p> <p><b>FEATURED VEGGIES</b> Buttered corn Broccoli salad</p>	<p><b>6</b></p> <p>Chicken nuggets</p> <p>Korean BBQ burger</p> <p><b>FEATURED VEGGIES</b> French fries Green pepper strips</p>	<p><b>7</b></p> <p>Pierogies with breadstick</p> <p>Turkey reuben on sourdough bread</p> <p><b>FEATURED VEGGIES</b> Garden salad Baby carrots</p>	
<b>BRAVO!</b> Deli Bar! Create your own sandwich					
<p><b>10</b></p> <p>BBQ pork nachos w/ assorted toppings</p> <p>Turkey, ham, bacon club sandwich</p> <p><b>FEATURED VEGGIES</b> Black &amp; white bean salad Cucumber slices</p>	<p><b>11</b></p> <p>Cowboy burger on a roll</p> <p>Chicken pot pie</p> <p><b>FEATURED VEGGIES</b> Street corn salad French fries</p>	<p><b>12</b></p> <p>Popcorn chicken bowl</p> <p>BBQ pork quesadilla</p> <p><b>FEATURED VEGGIES</b> Tossed salad Fresh cauliflower</p>	<p><b>13</b></p> <p>Toasted cheese sandwich</p> <p>Buffalo chicken dip with tortilla chips</p> <p><b>FEATURED VEGGIES</b> Tomato soup Garden salad</p>	<p><b>14</b></p> <p>Boneless wings with dinner roll</p> <p>Mini cheese ravioli</p> <p><b>FEATURED VEGGIES</b> Fresh broccoli Cole slaw</p>	
<b>BRAVO!</b> Deli Bar! Create your own sandwich					
<p><b>17</b></p> <p>Cheeseburger on a bun</p> <p>Chicken parmesan sandwich</p> <p><b>FEATURED VEGGIES</b> Baked Beans Cherry tomatoes</p>	<p><b>18</b></p> <p>General Tso chicken over rice with broccoli</p> <p>Baked potato bar with assorted toppings</p> <p><b>FEATURED VEGGIES</b> Asian carrot salad Green pepper strips</p>	<p><b>19</b></p> <p>French toast sticks with sausage</p> <p>Baked Italian hoagie</p> <p><b>FEATURED VEGGIES</b> Tater tots Fresh cauliflower</p>	<p><b>20</b></p> <p>Chicken alfredo with broccoli over penne pasta</p> <p>Buffalo chicken on flatbread</p> <p><b>FEATURED VEGGIES</b> Garden salad Sliced cucumbers</p>	<p><b>21</b></p> 	
<b>BRAVO!</b> Deli Bar! Create your own sandwich					
<p><b>24</b></p> <p>Walking taco</p> <p>Waffles and sausage</p> <p><b>FEATURED VEGGIES</b> Black &amp; white bean salad Tomato &amp; onion salsa</p>	<p><b>25</b></p> <p>Macaroni &amp; cheese</p> <p>Chicken, bacon, ranch wedge on flatbread</p> <p><b>FEATURED VEGGIES</b> Cole slaw Baby carrots</p>	<p><b>26</b></p> <p>Chicken patty on a bun</p> <p>Hot Italian sausage on a bun</p> <p><b>FEATURED VEGGIES</b> French fries Red pepper strips</p>	<p><b>27</b></p> <p>Toasted cheese sandwich</p> <p>Cheeseburger flatbread</p> <p><b>FEATURED VEGGIES</b> Tomato soup Celery sticks</p>	<p><b>28</b></p> <p>Cheese stick dippers with sauce</p> <p>Chicken &amp; vegetable potstickers</p> <p><b>FEATURED VEGGIES</b> Tossed salad Cucumber slices</p>	
<p><b>Meal Prices</b></p> <p>Student Lunch 1 free daily Adult Lunch \$4.75</p>					
<p><b>Tom Koscienski, General Manager</b> 814.371.1016 <a href="mailto:ma1073@metzcorp.com">ma1073@metzcorp.com</a></p> 					
<p><b>What is a Meal?</b></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"> <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><b>Daily Alternates</b> Fresh entree salads Yogurt and fruit parfait</p> <p><b>Pizza Options</b> Cheese, Pepperoni, Meatlovers, BBQ Chicken, White, Buffalo Chicken, Taco, Philly Cheese Steak, Sausage, Pierogi</p> <p><i>*All pizzas made daily in house by café staff.</i></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>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>					

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