



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p>3</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>4</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>5</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>6</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>7</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>What is a Meal?</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"> - 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 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>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>10</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>11</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>12</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>13</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>14</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>17</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>18</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>19</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>20</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>21</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>24</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>25</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>26</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>27</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>28</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>31</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>Tom Koscienski, General Manager 814.371.1016 ma1073@metzcorp.com</p>				<p>Meal Prices</p> <p>Student Breakfast 1 free daily Adult Breakfast \$2.85</p>	

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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
BRAVO! Deli Bar! Create your own sandwich					<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 ½ 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>Daily Alternates</p> <p>Fresh entree salads Yogurt and fruit parfait</p> <p>Pizza Options</p> <p>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 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>3</p> <p>Chicken nuggets with dinner roll</p> <p>Toasted Cuban sandwich on flatbread</p> <p>FEATURED VEGGIES French fries Cherry tomatoes</p>	<p>4</p> <p>Spaghetti with meat sauce with garlic bread</p> <p>Oven baked chicken with garlic bread</p> <p>FEATURED VEGGIES Fresh broccoli florets Garden salad</p>	<p>5</p> <p>Bacon cheeseburger on bun</p> <p>Italian dunkers/fish sandwich</p> <p>FEATURED VEGGIES French fries Cole slaw</p>	<p>6</p> <p>Nachos grande Tortilla chips</p> <p>Chicken lo mein over noodles</p> <p>FEATURED VEGGIES Tomato & onion salsa Baked beans</p>	<p>7</p> <p>Waffles and sausage</p> <p>Homemade pepperoni roll with dipping sauce</p> <p>FEATURED VEGGIES Tater tots Baby carrots</p>	
BRAVO! Deli Bar! Create your own sandwich					
<p>10</p> <p>Popcorn chicken with breadstick</p> <p>Steak and cheese on a baguette</p> <p>FEATURED VEGGIES Curly fries Cherry tomatoes</p>	<p>11</p> <p><u>French fry bar</u> Steak or buffalo chicken</p> <p>Buffalo chicken & cheese hoagie</p> <p>FEATURED VEGGIES Cole slaw Baked beans</p>	<p>12</p> <p>Chicken BLT sandwich on aloha roll</p> <p>Cheese stuffed shells with garlic toast</p> <p>FEATURED VEGGIES Buttered corn Broccoli salad</p>	<p>13</p> <p>Chicken nuggets</p> <p>Korean BBQ burger</p> <p>FEATURED VEGGIES French fries Green pepper strips</p>	<p>14</p> <p>Pierogies with breadstick</p> <p>Turkey reuben on sourdough bread</p> <p>FEATURED VEGGIES Garden salad Baby carrots</p>	
BRAVO! Deli Bar! Create your own sandwich					
<p>17</p> <p>BBQ pork nachos w/ assorted toppings</p> <p>Turkey, ham, bacon club sandwich</p> <p>FEATURED VEGGIES Black & white bean salad Cucumber slices</p>	<p>18</p> <p>Cowboy burger on a roll</p> <p>Chicken pot pie</p> <p>FEATURED VEGGIES Street corn salad French fries</p>	<p>19</p> <p>Popcorn chicken bowl</p> <p>BBQ pork quesadilla</p> <p>FEATURED VEGGIES Tossed salad Fresh cauliflower</p>	<p>20</p> <p>Toasted cheese sandwich</p> <p>Buffalo chicken dip with tortilla chips</p> <p>FEATURED VEGGIES Tomato soup Broccoli salad</p>	<p>21</p> <p>Boneless wings with dinner roll</p> <p>Mini cheese ravioli</p> <p>FEATURED VEGGIES Fresh broccoli Cole slaw</p>	
BRAVO! Deli Bar! Create your own sandwich					
<p>24</p> <p>Cheeseburger on a bun</p> <p>Chili and cheese hot dog</p> <p>FEATURED VEGGIES Baked Beans Cherry tomatoes</p>	<p>25</p> <p>General Tso chicken over rice with broccoli</p> <p>Baked potato bar with assorted toppings</p> <p>FEATURED VEGGIES Asian carrot salad Green pepper strips</p>	<p>26</p> <p>French toast sticks with sausage</p> <p>Baked Italian hoagie</p> <p>FEATURED VEGGIES Tater tots Fresh cauliflower</p>	<p>27</p> <p>Chicken parmesan on a bed of pasta</p> <p>Buffalo chicken on flatbread</p> <p>FEATURED VEGGIES Garden salad Cole slaw</p>	<p>28</p> <p>Meatball hoagie on a roll</p> <p>Homemade stromboli with dipping sauce</p> <p>FEATURED VEGGIES French fries Cucumber slices</p>	
BRAVO! Deli Bar! Create your own sandwich					
<p>31</p> <p>Walking taco</p> <p>Turkey, bacon, cheddar flatbread</p> <p>FEATURED VEGGIES Black & white bean salad Tomato & onion salsa</p>				<p><u>Lenten items available on J. Clarke's every Friday</u></p>	
<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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