









Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
				1 Egg, sausage and cheese on a croissant Donuts, PBJ uncrustable, yogurt parfait Choice of fruit or juice	What is a Meal? You must choose at least 3 of the 4 components available for the school breakfast price. - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk
4 Egg, sausage and cheese on a croissant Donuts, PBJ uncrustable, yogurt parfait Choice of fruit or juice	5 Egg, sausage and cheese on a croissant Donuts, PBJ uncrustable, yogurt parfait Choice of fruit or juice	6 Egg, sausage and cheese on a croissant Donuts, PBJ uncrustable, yogurt parfait Choice of fruit or juice	7 Egg, sausage and cheese on a croissant Donuts, PBJ uncrustable, yogurt parfait Choice of fruit or juice	8 Egg, sausage and cheese on a croissant Donuts, PBJ uncrustable, yogurt parfait Choice of fruit or juice	A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast. Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free chocolate
11  Veterans DAY	12 Egg, sausage and cheese on a croissant Donuts, PBJ uncrustable, yogurt parfait Choice of fruit or juice	13 Egg, sausage and cheese on a croissant Donuts, PBJ uncrustable, yogurt parfait Choice of fruit or juice	14 Egg, sausage and cheese on a croissant Donuts, PBJ uncrustable, yogurt parfait Choice of fruit or juice	15 Egg, sausage and cheese on a croissant Donuts, PBJ uncrustable, yogurt parfait Choice of fruit or juice	For online cafeteria payments and nutritional information, please visit www.schoolcafe.com
18 Egg, sausage and cheese on a croissant Donuts, PBJ uncrustable, yogurt parfait Choice of fruit or juice	19 Egg, sausage and cheese on a croissant Donuts, PBJ uncrustable, yogurt parfait Choice of fruit or juice	20 Egg, sausage and cheese on a croissant Donuts, PBJ uncrustable, yogurt parfait Choice of fruit or juice	21 Egg, sausage and cheese on a croissant Donuts, PBJ uncrustable, yogurt parfait Choice of fruit or juice	22 Egg, sausage and cheese on a croissant Donuts, PBJ uncrustable, yogurt parfait Choice of fruit or juice	Lunch account payments made by cash and/or check must be in a payment envelope. Make checks payable to: "DASD Café Fund"
25 Egg, sausage and cheese on a croissant Donuts, PBJ uncrustable, yogurt parfait Choice of fruit or juice	26 Egg, sausage and cheese on a croissant Donuts, PBJ uncrustable, yogurt parfait Choice of fruit or juice	27 Egg, sausage and cheese on a croissant Donuts, PBJ uncrustable, yogurt parfait Choice of fruit or juice	28 	29 Egg, sausage and cheese on a croissant Donuts, PBJ uncrustable, yogurt parfait Choice of fruit or juice	All students will receive one free breakfast and/or lunch. Students must have money in account for extra items. No charging allowed.
Tom Koscienski, General Manager 814.371.1016 ma1073@metzcorp.com				Meal Prices Student Breakfast 1 free daily Adult Breakfast \$2.85	
					 Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
DELHI BAR!!! CREATE YOUR OWN SANDWICH					What is a Meal? You must choose at least 3 of the 5 components available for the school lunch price. - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.
BRAVO! Meatball hoagie on a roll Homemade stromboli with dipping sauce FEATURED VEGGIES French fries Cucumber slices					
DELHI BAR!!! CREATE YOUR OWN SANDWICH					Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free chocolate Daily Alternates Fresh entree salads Yogurt and fruit parfait Pizza Options Cheese, Pepperoni, Meatlovers, BBQ Chicken, White, Buffalo Chicken, Taco, Philly Cheese Steak, Sausage, Pierogi <i>*All pizzas made daily in house by café staff.</i> For online cafeteria payments and nutritional information, please visit www.schoolcafe.com Lunch account payments made by cash and/or check must be in a payment envelope.
4 Walking taco Cheesy hot dog on a roll FEATURED VEGGIES Baked beans Tomato & onion salsa	5 Macaroni & cheese Chicken, bacon, ranch wedge on flatbread FEATURED VEGGIES Cole slaw Baby carrots	6 Chicken patty on a bun Beef enchiladas FEATURED VEGGIES French fries Red pepper strips	7 Toasted cheese sandwich Cheeseburger flatbread FEATURED VEGGIES Tomato soup Celery sticks	8 Cheese stick dippers with sauce Chicken & vegetable potstickers FEATURED VEGGIES Tossed salad Cucumber slices	
DELHI BAR!!! CREATE YOUR OWN SANDWICH					Choice of Milk 1% white, fat-free chocolate Daily Alternates Fresh entree salads Yogurt and fruit parfait Pizza Options Cheese, Pepperoni, Meatlovers, BBQ Chicken, White, Buffalo Chicken, Taco, Philly Cheese Steak, Sausage, Pierogi <i>*All pizzas made daily in house by café staff.</i> For online cafeteria payments and nutritional information, please visit www.schoolcafe.com Lunch account payments made by cash and/or check must be in a payment envelope.
11  Veterans DAY	12 Spaghetti with meat sauce with garlic bread Oven baked BBQ chicken with garlic bread FEATURED VEGGIES Fresh broccoli florets Garden salad	13 Bacon cheeseburger on bun Italian dunkers with dipping sauce FEATURED VEGGIES French fries Cole slaw	14 Nachos grande Tortilla chips Chicken lo mein over noodles FEATURED VEGGIES Tomato & onion salsa Baked beans	15 Waffles and sausage Homemade pepperoni roll with dipping sauce FEATURED VEGGIES Tator tots Baby carrots	
DELHI BAR!!! CREATE YOUR OWN SANDWICH					Choice of Milk 1% white, fat-free chocolate Daily Alternates Fresh entree salads Yogurt and fruit parfait Pizza Options Cheese, Pepperoni, Meatlovers, BBQ Chicken, White, Buffalo Chicken, Taco, Philly Cheese Steak, Sausage, Pierogi <i>*All pizzas made daily in house by café staff.</i> For online cafeteria payments and nutritional information, please visit www.schoolcafe.com Lunch account payments made by cash and/or check must be in a payment envelope.
18 Popcorn chicken with breadstick Steak and pepper jack cheese wrap FEATURED VEGGIES Curly fries Cherry tomatoes	19 <u>French fry bar</u> Steak or buffalo chicken Buffalo Chicken & Cheese Hoagie FEATURED VEGGIES Cole slaw Baked beans	20 Chicken BLT sandwich on aloha roll Cheese stuffed shells with garlic toast FEATURED VEGGIES Buttered Corn Broccoli salad	21 <u>Thanksgiving Dinner</u> Sliced turkey and stuffing Served on all lines Or Pizza of the day Mashed potatoes w/ gravy Golden corn	22 Pierogis with breadstick Chicken Tenders FEATURED VEGGIES Garden salad Baby carrots	
DELHI BAR!!! CREATE YOUR OWN SANDWICH					Choice of Milk 1% white, fat-free chocolate Daily Alternates Fresh entree salads Yogurt and fruit parfait Pizza Options Cheese, Pepperoni, Meatlovers, BBQ Chicken, White, Buffalo Chicken, Taco, Philly Cheese Steak, Sausage, Pierogi <i>*All pizzas made daily in house by café staff.</i> For online cafeteria payments and nutritional information, please visit www.schoolcafe.com Lunch account payments made by cash and/or check must be in a payment envelope.
25 BBQ pork nachos w/ assorted toppings Turkey, ham, bacon club sandwich FEATURED VEGGIES Black & white bean salad Cucumber slices	26 Cowboy burger on a roll Chicken pot pie FEATURED VEGGIES Street corn salad French fries	27 Popcorn Chicken Bowl BBQ Pork Quesadilla FEATURED VEGGIES Cole Slaw Fresh cauliflower	28  29		
Tom Koscienski, General Manager 814.371.1016 ma1073@metzcorp.com		Meal Prices Student Lunch Adult Lunch	1 free daily \$4.75		

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