



What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.

Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch
Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white, and fat-free chocolate

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad

Red/Orange - carrots, sweet potatoes, tomatoes, red peppers

Beans/Peas
Starchy - white potatoes, corn, and lima beans

Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices

LEAVE YOUR LUNCHBOX AT HOME!

Craveable of the Week which could include:

Nacho with Chips and Salsa, Make your Own Pizza, Yogurt Cheese stick and Crackers, Breadstick Dipper, and more..

Weekly Cold Cut Sandwich

Nutritious Friends

Look for our Nutritious Friend of the Month on the menu!!
This Month.....

Menu subject to change due to product availability

Lunch Prices
Student \$0.00
Reduced \$.00
Adult \$ 4.90

BETSY SMITH

814-926-4688 ext. 1111

ma1035@metzcorp.com

USDA is an equal opportunity provider and employer.

Monday 23
Hot Dog
On a Bun
or
Ham & Turkey
on a Bun
Featured Veggies:
Hot Veggie
Baby Carrots
Choice of Fruit
Choice of Milk

Tuesday 24
Hoagie
On a Bun
or
Beef Taco
Featured Veggies:
Corn
Salad
Choice of Fruit
Choice of Milk

Wednesday 25
Meat Loaf
Roll
or
Ham & Cheese
Bun
Featured Veggies:
Scalloped Potatoes
Fresh Cucumber Slices
Choice of Fruit
Choice of Milk

Thursday 26
Hoagie
On a Bun
or
Pasta Day
Roll
Featured Veggies:
Green Beans
Romaine Salad
Choice of Fruit
Choice of Milk

Pizza Friday! 27
Corn Dog
or
Ham & Cheese
on a Bun
Featured Veggies:
Baby Carrots
Roasted Zucchini
Choice of Fruit
Choice of Milk



31
Ham & Cheese
on a Bun
or
Beef Taco
Featured Veggies:
Green Beans
Caesar Salad
Choice of Fruit
Choice of Milk

1
Turkey & cheese
Wrap
or
Hamm BBQ
on a Bun
Featured Veggies:
Carrots
Green Pepper Strips
Choice of Fruit
Choice of Milk

2
Burger
on a Bun
or
Ham & Cheese
On a Wrap
Featured Veggies:
Veggies
Sliced Cukes
Choice of Fruit
Choice of Milk

