

Monday	Tuesday	Wednesday	Thursday	Friday
3/31/25 Breakfast for Lunch French Toast Sticks Sausage Hashbrowns (syrup) Choice of Fruit and Fresh Vegetables Choice of Milk Fresh vegetables and fruits served every day are:	4/1/25 Walking Taco (Shredded Lettuce, Tomatoes, Salsa, Shredded Cheddar Cheese, Sour Cream) Green Beans Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	4/2/25 BBQ Pork Rib Sandwich (shredded mozzarella cheese) Buttered Corn Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	4/3/25 Chicken Alfredo over Pasta (grated parmesan cheese) Steamed Broccoli Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	4/4/25 Cheeseburger Tot Bowl (You may get the bowl without meat) Tater Tots Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges
4/7/25 Chicken Patty Sandwich (Cheese, Lettuce) Cook's Choice Hot Vegetable Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	4/8/25 Nachos Grande (Shredded Lettuce, Tomatoes, Salsa, Shredded Cheddar Cheese, Sour Cream) Cook's Choice Hot Vegetable Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	4/9/25 Hot Ham and Cheese on a Pretzel Roll Cook's Choice Hot Vegetable Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	4/10/25 EASTER HOLIDAY MEAL Baked Ham Mashed Potatoes Gravy - Biscuit Candied Carrots Cook's Choice Hot Vegetable Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	4/11/25 Fish Sandwich Cook's Choice Hot Vegetable Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges
4/14/25 Cheddar Cheese Pierogi with a Dinner Roll Cook's Choice Hot Vegetable Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	4/15/25 Beef Burrito (Beef, Shredded Lettuce, Shredded Cheddar Cheese, Sour Cream) Cook's Choice Hot Vegetable Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	4/16/25 Hamburger/Cheeseburger on a Bun (Lettuce, Tomato, Pickle) Cook's Choice Hot Vegetable Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	4/17/25 Grilled Cheese and Tomato Soup Cook's Choice Hot Vegetable Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	4/18/25 NO SCHOOL SPRING BREAK 
4/21/25 SPRING BREAK NO SCHOOL 	4/22/25 SPRING BREAK NO SCHOOL	4/23/25 BBQ Pork Rib Sandwich Cook's Choice Hot Vegetable Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	4/24/25 General Tso's Chicken over Rice Cook's Choice Hot Vegetable Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	4/25/25 Baked Pasta Cook's Choice Hot Vegetable Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges
4/28/25 Buffalo Chicken Dip with Tortilla Chips Cook's Choice Hot Vegetable Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	4/29/25 Nachos Grande Cook's Choice Hot Vegetable Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	4/30/25 Cheese Ravioli with a Garlic Breadstick Cook's Choice Hot Vegetable Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	5/1/25 Chicken Mashed Potato Bowl Cook's Choice Hot Vegetable Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges	5/2/25 Cook's Choice Cook's Choice Hot Vegetable Choice of Fruit and Fresh Vegetables Choice of Milk Baby Carrots, Celery w/ Peanut Butter, Fresh Greens Side Salad, Apple Slices, Oranges

WHAT IS A SCHOOL LUNCH
Please choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a school lunch to accommodate the free meal qualifications.
Meal Components offered daily are:
Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white or chocolate



Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
Legumes - beans and peas
Starchy - white potatoes, corn, peas, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green beans, cabbage and green peppers

Daily Fruit Selections
May Include:
oranges, apples, bananas, pears, peaches, strawberries and applesauce



Students may choose the hot entrée or from the following:



Crispy Chicken Salad
Garden Salad
Both offered with a dinner roll

Turkey and Cheese Hoagie
Ham and Cheese Hoagie
Hoagies are made on 6" Hoagie Rolls with Lettuce and Tomatoes Offered on the Side



BYO Flatbread Pizza
Smucker's PB&J

Student Reduced Lunch: Free
Student Paid Lunch: Free
Student 2nd Meal: \$2.10
Adult Lunch: \$4.75

ALLERGEN and NUTRITIONAL INFORMATION

ARE AVAILABLE AT:
WWW.SCHOOLCAFE.COM



April's Nutritious Friend is: Peppy Plantain
Be sure to look for samples on your cafeteria serving line.



USDA is an equal opportunity provider and employer

Tammy Vinglas
General Manager
O: 814-447-5529 ext. 2336
or C: 814-330-2230

tvinglas@shcsd.org
ma1040@metzcorp.com

Menu is subject to change due to product availability