

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal? Students 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. Choice of Vegetable Hot vegetable, leafy salad, composed 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 white, fat-free chocolate Daily Alternates That Can Be Made A Reimbursable Meal: Fresh Entree Salad of the Week Weekly Cold Cut Sandwiches & Wraps Hamburger/Cheeseburger Crispy Chicken Sandwich Pizza – Pepperoni + one Specialty Pizza Mozzarella Cheese Pizza Sticks Soft Pretzels (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (VG) Vegan <i>These items do not contain any animal products</i>
Daily Offerings: Strawberry Spinach Salad with Dinner Roll or Walking Taco Craveable					
		1 Pasta Bar (3 pastas-3 sauces- breadstick) FEATURED VEGGIES Steamed Broccoli	2 Meatball & Cheese Hoagie Or Chicken Fajita FEATURED VEGGIES Green Beans	3 No School Spring Break	
Daily Offerings: Entrée Garden Salad with Dinner Roll or Ham & Cheese Pretzel Sandwich					
6 No School Spring Break	7 Chicken and Cheese Quesadilla Or Nachos Grande FEATURED VEGGIES Sweet Peas	8 Pasta Bar (3 pastas-3 sauces- breadstick) FEATURED VEGGIES Baked Beans Crinkle Fries	9 Ham-Cheese-Pepperoni Pinwheel Or Chicken Tenders FEATURED VEGGIES Steamed Broccoli	10 Chicken Mashed Potato Bowl with a Roll FEATURED VEGGIES Mashed Potatoes Corn	
Daily Offerings: Taco Salad or Italian Hoagie					
13 Bacon Cheddar Cheese Pierogies Or Buffalo Chicken Dip With Tortilla Chips FEATURED VEGGIES Green Beans	14 BBQ Pulled Pork on a Pretzel Roll or Loaded Taco Tot Bowl FEATURED VEGGIES Tater Tots Baked Beans	15 Pasta Bar (3 pastas-3 sauces- breadstick) FEATURED VEGGIES Hashbrown Triangles	16 Toasted Cheese Sandwich with Tomato Soup Or Chicken Nuggets FEATURED VEGGIES Sweet Peas	17 General Tso's Chicken Over Rice FEATURED VEGGIES Steamed Broccoli	
Daily Offerings: Chicken Ceasar Salad with Dinner Roll or Turkey & Cheese Pretzel Sandwich					
20 Chicken and Gravy over Biscuit with Mashed Potatoes Or Philly Cheesesteak Hoagie FEATURED VEGGIES Buttered Corn	21 Walking Taco FEATURED VEGGIES Green Beans	22 Pasta Bar (3 pastas-3 sauces- breadstick) FEATURED VEGGIES Steamed Broccoli	23 Macaroni & Cheese Or Hot Dog on a Bun FEATURED VEGGIES Mixed Vegetables	24 Chicken Mashed Potato Bowl FEATURED VEGGIES Candied Carrots	
Daily Offerings: Chef Salad with Dinner Roll or Turkey & Spinach Roll Up Craveable					
27 French Toast Sticks with Sausage Or Sausage-Egg-Cheese Bagel Sandwich FEATURED VEGGIES Hashbrown/Green Beans	28 Crunchy Shell Beef Taco or Nachos Grande with Tortilla Chips FEATURED VEGGIES Sweet Peas Spanish Rice	29 Pasta Bar (3 pastas-3 sauces- breadstick) FEATURED VEGGIES Steamed Broccoli	30 Chili Cheese Fries Or Toasted Cheeseburger Flatbread FEATURED VEGGIES Candied Carrots	5/1 General Tso's Chicken Over Rice FEATURED VEGGIES Buttered Corn Mashed Potatoes	
Your Team Tammy Vinglas, General Manager 814.447.5529 ext. 2336 ma1040@metzcorp.com tvinglas@shcsd.org					
Meal Prices Student Lunch \$0.00 Reduced Lunch \$0.00 Faculty Lunch \$4.85					



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

