

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, seasonal fresh vegetables Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, chocolate, vanilla or strawberry Lactose free and soy milk available upon request Daily Alternates Daily Specialty Pizzas* • Cheese Pizza • Pepperoni Pizza Sandwiches / Grill * • Cheese and Hamburgers • Chicken Patty • Spicy Chicken Patty • Corn Dog Cold Grab n Go* • Salads & Wraps • WOW Butter Uncrustable • Yogurt Parfaits (*) Item availability may change between school, café and calendar day.
2	3	4	5	6	
Asian Sesame Chicken over Rice FEATURED VEGGIES Steamed Broccoli Broccoli Salad	Chicken & Cheese Quesadilla FEATURED VEGGIES Refried Beans Sweet Bell Peppers	Pancakes with Turkey Sausage FEATURED VEGGIES Baked Tater Tots Celery Sticks	Turkey & Cheese Melt on a Croissant FEATURED VEGGIES Steamed Garden Peas Mandarin Spring Salad	Cheese Pizza Sticks w. Dipping Sauce FEATURED VEGGIES Steamed Green Beans Grape Tomatoes	
9	10	11	12	13	
Tornado Burger(bacon) FEATURED VEGGIES Steamed Yellow Corn Cauliflower Florets	Beef Soft Tacos FEATURED VEGGIES Refried Beans Fresh Pico De Gallo	Italian Toaster Sandwich FEATURED VEGGIES Baked Potato Smiles Grape Tomatoes	Chicken Tender w/ Pretzel Roll FEATURED VEGGIES Country Mashed Potatoes Sweet Bell Peppers	Italian Stromboli FEATURED VEGGIES Oven Brown Sweet Potato Cole Slaw	
16	17	18	19	20	
Manwich Sloppy Joe Sandwich FEATURED VEGGIES Potato Smiles Celery Sticks	Doritos Walking Taco FEATURED VEGGIES Baked Beans Chopped Romaine	Cheesesteak on a roll FEATURED VEGGIES Steamed Broccoli Grape Tomatoes	Chicken Alfredo over Penne w/ garlic bread FEATURED VEGGIES Steamed Carrots Cauliflower Florets	Bacon & Cheddar Pierogies w/ Roll FEATURED VEGGIES Steamed Green Peas Baby Carrots	
23	24	25	26	27	
Orange Chicken over Brown Rice FEATURED VEGGIES Steamed Broccoli Baby Carrots	Loaded Fries/Potato Bar FEATURED VEGGIES Refried Beans Sweet Bell Peppers	Chicken Nuggets w/ Roll FEATURED VEGGIES Baked Tater Tots Celery Sticks	Macaroni & Cheese FEATURED VEGGIES Steamed Carrots Grape Tomatoes	Italian Dunkers w/ Marinara FEATURED VEGGIES Steamed Green Beans Cauliflower Florets	
30	31				
					
Metz Culinary Management Brian Beauregard, General Manager 724.214.3235 Brian.Beauregard@basdk12.org		Meal Prices Student Lunch \$2.75 Reduced Lunch \$FREE Faculty Lunch \$4.85			

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

