







Monday	Tuesday	Wednesday	Thursday	Friday	<b>What is a Meal?</b> 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. <b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad*, seasonal fresh vegetables <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice <b>Choice of Milk</b> 1% white, chocolate, vanilla or strawberry <b>Daily Alternates</b> Fresh Entree Salads* <ul style="list-style-type: none"> <li>Taco Salad</li> <li>Crispy Chicken Salad</li> <li>Salad of the day</li> </ul> Cold Cut Sandwiches & Wraps* <ul style="list-style-type: none"> <li>Italian Hoagie</li> <li>Wrap of the day</li> </ul> Daily Specialty Pizzas* <ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Pepperoni Pizza</li> <li>Pizza of the day                         <ul style="list-style-type: none"> <li>Pickle pizza</li> <li>BBQ Chick</li> <li>Hawaiian</li> <li>Buffalo Chick</li> <li>Jalapeno Popper</li> <li>Deep Dish</li> </ul> </li> </ul> Sandwiches / Grill * <ul style="list-style-type: none"> <li>Cheese and Hamburgers</li> <li>Chicken Patty</li> <li>Spicy Chicken Patty</li> <li>Corn Dog</li> </ul> (*) Item availability may change between school, café and calendar day
 <b>Burrito Bowls!</b> Rice bowl with tortilla option. Choice of Seasoned Beef, Chicken or Chimichurri pork. Assorted toppings and dressings. Served with Ranch Refried Bean Dip					
<b>2</b>  Cheeseburger Tater Tot Bowl w/ Roll  <b>FEATURED VEGGIES</b> Tater Tots Baby Carrots	<b>3</b>  Orange Chicken with Scallions over Brown Rice  <b>FEATURED VEGGIES</b> Steamed Green Beans Strawberry Spinach Salad	<b>4</b>  Dip & Dust Wing Bar w/ Garlic Knot  <b>FEATURED VEGGIES</b> BBQ Baked Beans Steamed Mixed Veggies	<b>5</b>  Classic Super Sub  <b>FEATURED VEGGIES</b> Curly Fries Tomato Mozzarella salad	<b>6</b>  Bravo Burrito Bar  <b>FEATURED VEGGIES</b> Lemon-Parm Broccoli Baby Carrots	
 <b>Texas Smokehouse!</b> Choice of dry-rubbed BBQ chicken or pork, ranch taters, zesty country green beans, BBQ baked beans, slaw, and melons. Choice of Kaiser roll or cornbread, and a variety of BBQ sauces.					
<b>9</b>  Baked Chicken Tenders  <b>FEATURED VEGGIES</b> Mashed Potatoes Tomato Mozz Salad	<b>10</b>  Beef or Chicken Nachos Grande  <b>FEATURED VEGGIES</b> Refried Beans Fresh Pico De Gallo	<b>11</b>  Texas Smokehouse Bar  <b>FEATURED VEGGIES</b> Sweet Potato Fries Fresh Pineapple Slaw	<b>12</b>  Ham, Pepperoni & cheese Calzone  <b>FEATURED VEGGIES</b> Waffle Fries Fresh Cucumbers	<b>13</b>  Hawaiian Pork Sandwich on Toasted Ciabatta  <b>FEATURED VEGGIES</b> Steamed Broccoli Side Caesar Salad	
 <b>Mac &amp; Cheese!</b> Noodles with choice of house made cheese sauce. Add taco beef, pulled pork, buffalo chicken, or chili. Served with roasted lemon-parmesan broccoli, sautéed red peppers, and choice of shredded cheese. Customizable for (V)					
<b>16</b>  Chicken Nuggets with Buttered Noodles  <b>FEATURED VEGGIES</b> Glazed carrots Broccoli Salad	<b>17</b>  Mac 'n Cheese Bar  <b>FEATURED VEGGIES</b> Steamed Golden Corn Baby Carrots	<b>18</b>  Buffalo Chicken Dip w/ Tortilla Chips  <b>FEATURED VEGGIES</b> Med. Chickpea Salad Fresh Cauliflower	<b>19</b>  Variety of Toasted Crafted Flatbreads  <b>FEATURED VEGGIES</b> Steamed Garden Peas Tomato Mozzarella Salad	<b>20</b>  Baked Ziti w/ Marinara  <b>FEATURED VEGGIES</b> Roasted BBQ Cauliflower Cilantro Lime Rice	
 <b>Loaded Fries!</b> Crinkle fries or baked potato with choice of buffalo chicken, seasoned steak, vegetable toppings and cheese sauce.					
<b>23</b>  Rancho Jack Toaster Sandwich  <b>FEATURED VEGGIES</b> Zoodles Marinara Fresh Bruschetta	<b>24</b>  Loaded Fries Potato  <b>FEATURED VEGGIES</b> Crinkle Cut Fries Tossed Salad	<b>25</b>  Nashville Hot Chicken Maple Flatbread  <b>FEATURED VEGGIES</b> Sweet Potato Fries Med. Chickpea Salad	<b>26</b>  Build-your-own-Burger Bar  <b>FEATURED VEGGIES</b> BBQ Baked Beans Coleslaw	<b>27</b>  Italian Dunkers w/ Marinara  <b>FEATURED VEGGIES</b> Steamed Green Beans Tomato Mozz Salad	
<b>30</b>  	<b>31</b>  				
<b>Metz Culinary Management</b> Brian Beauregard, General Manager 724.214.3235 Brian.Beauregard@basdk12.org		<b>Meal Prices</b> 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.

