

**The original value meal
& still a fantastic deal!**

Breakfast **Lunch**
\$1.40 **\$2.50**

Get in touch with us today to learn more about free and reduced-price meals in our district:
724-479-3601 Ext. 1144



AVAILABLE DAILY

Breakfast

Alternate Entrees: assort cold cereals, cereal bars & yogurt

Daily juice choices: orange, apple & grape

At breakfast...students MUST choose a fruit and two other menu items to qualify as a meal.

Additional items chosen above the four item limit will be charged ala carte.

Lunch

At lunch...students MUST choose a fruit or vegetable and two other menu items to qualify as a meal.

Additional items chosen above the five item limit will be charged ala carte.

Daily milk choices: 1% white and strawberry, skim, fat free chocolate & vanilla



Monday, November 19
Breakfast
Cheesy Croissant
Pineapple
Lunch
Penne Pasta w/wo Meatballs
Seasoned Corn
Tossed Salad
Garlic Bread Stick
Pineapple Tidbits
Alternate Entrees
Hamburger w/wo Bun
Chicken Patty w/wo Bun
PBJ, Chef or Tuna Salad

Tuesday, November 20
Breakfast
Pancakes-Sausage Link
Mandarin Oranges
Lunch
Coy's Pizza
Seasoned Broccoli
Chilled Applesauce
Sugar Cookie
Alternate Entrees
Hot Dog w/wo Bun
Chicken Patty w/wo Bun
PBJ, Chef or Tuna Salad



NUTRITION TO GO

Some people blame the sleepiness they feel after Thanksgiving dinner on the turkey, which does contain a natural sedative known as tryptophan.

But beef and chicken contain this substance, too. Post-meal drowsiness on Thanksgiving is caused by eating an unusually large, multi-course meal, NOT just by the turkey!

A QUICK BITE FOR PARENTS

Tuesday, November 27
Breakfast
Bacon Scramble Pizza
Applesauce
Lunch
French Bread Pizza
Tossed Salad
Seasoned Green Beans
Warm Spiced Apples
Alternate Entrees
Hot Dog w/wo Bun
Chicken Patty w/wo Bun
PBJ, Chef or Tuna Salad

Wed., November 28
Breakfast
Chocolate Croissant
Peaches
Lunch
Wildcat Hoagie
Lettuce & Tomato
Pasta Fagioli Soup
Spicy Curly Fries
Fresh Orange Quarters
Alternate Entrees
Meat Ball Sub w/wo Bun
Chicken Patty w/wo Bun
PBJ, Chef or Tuna Salad

Thursday, November 29
Breakfast
Apple Turnover
Pears
Lunch
Super Nachos w/wo Chili, Chips and Cheese
Seasoned Corn
Strawberries
Chocolate Elf Grahams
Alternate Entrees
BBQ Rib w/wo Bun
Chicken Patty w/wo Bun
PBJ, Chef or Tuna Salad

Friday, November 30
Breakfast
Dutch Waffle
Mixed Fruit
Lunch
Stuffed Crust Pizza
Sweet Potato Fries
Celery Sticks
Chilled Applesauce
Fruit Juice Bar
Alternate Entrees
Corn Dog
Chicken Patty w/wo Bun
PBJ, Chef or Tuna Salad