

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

Breakfast

Lunch

\$1.40 \$2.75

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/o Meatballs
Seasoned Corn
Tossed Salad
Garlic Bread Stick
Pineapple Tidbits
Chilled Pears

Alternate Entrees

Chicken Filet w/o Bun
Pizza, PBJ or Chef Salad

Tuesday, November 20

Breakfast

Pancakes-Sausage Link
Mandarin Oranges

Lunch

Coy's Pizza
Seasoned Broccoli
Chilled Applesauce
Mixed Fruit
Sugar Cookie

Alternate Entrees

Chicken Filet w/o Bun
Pizza, PBJ or Chef Salad

THANKSGIVING!

**ENJOY YOUR
HOLIDAY!
SEE YOU
ON TUESDAY!**



Tuesday, November 27

Breakfast

Bacon Scramble Pizza
Applesauce

Lunch

BBQ Pork Sandwich
Tater Tots
Seasoned Green Beans
Warm Spiced Apples
Mixed Fruit

Alternate Entrees

Chicken Filet w/o Bun
Pizza, PBJ or Chef Salad

Wed., November 28

Breakfast

Chocolate Croissant
Peaches

Lunch

Wildcat Hoagie
Lettuce & Tomato
Pasta Fagioli Soup
Spicy Curly Fries
Fresh Orange Quarters
Chilled Pears

Alternate Entrees

Chicken Filet w/o Bun
Pizza, PBJ or Chef Salad

Thursday, November 29

Breakfast

Apple Turnover
Pears

Lunch

Super Nachos w/o
Chili, Chips and Cheese
Seasoned Corn
Strawberries
Diced Peaches
Chocolate Elf Grahams

Alternate Entrees

Chicken Filet w/o Bun
Pizza, PBJ or Chef Salad

Friday, November 30

Breakfast

Dutch Waffle
Mixed Fruit

Lunch

Boneless Chicken Wings
Sweet Potato Fries
Celery Sticks
Chilled Applesauce
Mandarin Oranges
Fruit Juice Bar

Alternate Entrees

Chicken Filet w/o Bun
Pizza, PBJ or Chef 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