



What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

- ★ Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch.
- Meat or meat alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread
- Choice of Milk - 1% white or fat free chocolate, vanilla or strawberry

Daily Fruit Choices May Include:

- Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, and Mandarin Oranges



Metz
CULINARY MANAGEMENT

WEEKLY ALTERNATIVES



- ★ **BRAVO BAR OF THE WEEK**
- Cheffresh Entree of the week!
- Fresh Salad of the week!
- Fresh Craveable of the week!
- PB & J EVERYDAY!!!!

DAILY ENTREE OPTIONS MAY INCLUDE:

- Bravo Bars
- Cheffresh Salad
- Cheffresh Sandwich or Wrap
- Cheeseburger
- Hamburger
- Chicken Patty Sandwich
- Spicy Chicken Patty Sandwich
- Cheese & /or Pepperoni Pizza
- Specialty Pizza of the Week

Lunch Prices:

Student: \$3.00

Adult: \$4.65

Food Services Director:

Darlene D. Wendrock

Phone Number:

724-376-7911 Ext. 6125

Email:

d_wendrock@docs.lakeview.k12.pa.us

USDA IS AN EQUAL OPPORTUNITY EMPLOYER

ALL MENU ITEMS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY

Monday	Tuesday	Wednesday	Thursday	Friday
			August 22	August-23
Salad Bar featuring Taco Salad				
Pizza Shop: Chicken Bacon Ranch Hot Options: Cheeseburger or Chicken Patty				
Chef's Salad or Italian Craveable				
Entrée	Entrée	Entrée	Entrée	Entrée
			Grilled Cheese Sandwiches	Chicken Tender Basket with Assorted Sauces Dinner Roll
			Featured Veggies	Featured Veggies
			Tomato Soup Sliced Cucumbers Featured Fruit Choice of Milk	French Fries Carrot & Celery Sticks w/Dip Featured Fruit Choice of Milk
August-26	August-27	August-28	August-29	August-30

MEXICAN BAR				
Pizza Shop: Pepperoni		Hot Options: Cheeseburger or Chicken Patty		
Taco Salad or Super Fruit Craveable				
Entrée	FAIR WEEK	FAIR WEEK	FAIR WEEK	
Pasta with Meat Sauce	Walking Taco	Walking Taco	Walking Taco	
Garlic Stick	Chili Cheese Burger/Corn Dogs Junk Fries	Chili Cheese Burgers/Corn Dogs Junk Tots	Chili Cheese Burgers/ Corn Dogs Junk Fries	
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	
Green Beans	French Fries	Tater or Dill Tots	Cheesy Corn	
Tossed Salad	Baby Carrots & Grape Tomatoes	Cucumber Slices	Carrot & Celery Sticks	
Featured Fruit	Featured Fruit	Featured Fruit	Featured Fruit	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
September-2	September-3	September-4	September-5	September-6

Pasta Bar				
Pizza Shop: Meat Lovers		Hot Options: Cheeseburger or Chicken Patty		
Chef's Salad or Ham & Cheese Craveable				
	Entrée	Entrée	Entrée	Entrée
	Beef or Chicken Nachos Grande Cheesy Refried Beans	BBQ Pork Macaroni & Cheese	Pepperoni Pizza Flat Bread	Buffalo Chicken Dip over Tortilla Chips
	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
	Yellow Corn Scratch Pico de Gallo Featured Fruit Choice of Milk	Glazed Carrots Cucumber Slices Featured Fruit Choice of Milk	Green Beans Toss Salad Featured Fruit Choice of Milk	Steamed Corn Carrot & Celery Sticks w/Dip Featured Fruit Choice of Milk
September-9	September-10	September-11	September-12	September-13

MACARONI & CHEESE BAR				
Pizza Shop: Buffalo Chicken		Hot Options: Cheeseburger or Chicken Patty		
Taco Salad or Nugget Dipper Craveable				
Entrée	Entrée	Entrée	Entrée	Entrée
Bacon Cheeseburger	Walking Taco Brown Rice	Rotini & Meat Sauce Garlic Stick	Pancakes & Sausage	Pulled Pork Sandwich
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
Tater Tots Baby Carrots & Grape Toamtoes Featured Fruit Choice of Milk	Cheesy Refried Beans Red & Green Slices Featured Fruit Choice of Milk	Green Beans Spinach & Tomato Salad Featured Fruit Choice of Milk	Hash Browns Apple Celery Salad Featured Fruit Choice of Milk	French Fries Cucumber Slices Featured Fruit Choice of Milk
September-16	September-17	September-18	September-19	September-20

BURRITO BAR				
Pizza Shop: Mac & Cheese Pizza		Hot Options: Cheeseburger or Chicken Patty		
Chef Salad or Garlic Hummus Craveable				
Entrée	Entrée	Entrée	Entrée	NEW
Chicken Parm over Pasta w/Sauce Bread Stick	Stuffed Crust Pizza	Popcorn Chicken Mashed Potato Bowl with Cheddar Cheese served with a Dinner Roll	BBQ Pork Loaded Fries	BLT with Cheese
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
California Veggie Blend Toss Salad Featured Fruit Choice of Milk	Steamed Broccoli Baby Carrots & Grape Tomatoes Featured Fruit Choice of Milk	Mashed Potato w/ Gravy Yellow Corn Featured Fruit Choice of Milk	French Fries Baked Beans Featured Fruit Choice of Milk	Tater Tots Celery Sticks w/Ranch Dip Featured Fruit Choice of Milk
September-23	September-24	September-25	September-26	September-27

Twice Baked Potato Bar				
Pizza Shop: Pepperoni		Hot Options: Cheeseburger or Chicken Patty		
Taco Salad or Nacho Cravable				
Entrée	Entrée	Entrée	Entrée	Entrée
Steak Gyro	Cheese Ravioli w/Sauce	Mexican Bowl Meal	Chicken & Waffles	State Fair Corn Dog
Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies	Featured Veggies
Pita Chips & Hummus Cucumber Slices Featured Fruit Choice of Milk	Bread Stick Crinkle Cut Zucchini Toss Salad Featured Fruit Choice of Milk	w/Brown Rice Cheesy Refried Beans Steamed Corn Featured Fruit Choice of Milk	Hash Brown Triangles Baby Carrots & Grape Tomatoes Featured Fruit Choice of Milk	French Fries Coleslaw Featured Fruit Choice of Milk

