March -April ILOR

What is a Meal?

fou must choose at least 3 of th 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 and chocolate, vanilla or strawberr

Daily Fruit Choices May Include:

Oranges, Apples, Bananas, Grape Pears, Peaches, Cantaloupe, Melo Strawberries, Applesauce, Pineapple, Mandarin Oranges

And More



WEKLY ALTERNATIVES



- Cheffresh Entree of the week!
- Fresh Salad of the week! Fresh Craveable of the week!
- PB & J EVERYDAY

DAILY ENTREE OPTIONS MAY INCLUDE:

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

AND MORE



Lunch Prices:

Student:\$3.00

Adult: \$4.65

General Manager: Darlene D. Wendrock Phone Number: 724-376-7911ext.6125

Email: d_wendrock@docs.lakview.k12.pa.us

USDA IS AN EQUAL OPPORTUNITY EMPLOYER

ALL MENU ITEMS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY

keview Middle School Lunch Menu

| AND DESCRIPTION OF THE PARTY OF | Zanorion imagic Concor Zanon mena | | | |
|--|-----------------------------------|-----------|----------|----------|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| March-17 | March-18 | March-19 | March-20 | March-21 |

Pizza Shop: Pepperoni Pizza

Hot Options: Cheeseburger or Chicken Patty

Chef's Salad or Club Hoagie

| Entrée | Entrée | Entrée | Entrée |
|---------------------------------|-------------------------------|------------------------|---------------------------|
| General Tso served over rice | Beef Soft Tacos Brown Rice | Chicken Bowl Meal | Grilled Cheese Sandwiches |
| | | Dinner Roll | |
| Featured Veggiesaugust | Featured Veggies | Featured Veggies | Featured Veggies |
| Steamed Broccoli | Cheesy Refried Beans | Mashed Potato w/ Gravy | Tomato Soup |
| Baby Carrots & Grape Tomatoes | Toss Salad | Yellow Corn | Sliced Cucumbers |
| Featured Fruit | Featured Fruit | Featured Fruit | Featured Fruit |
| Choice of Milk | Choice of Milk | Choice of Milk | Choice of Milk |
| March-24 | March 25 | March 26 | March 27 |



March-28

Pizza Shop: Pepperoni

Hot Options: Cheeseburger or Chicken Patty

| Taco Salad or Club Hoagie | | | | |
|---------------------------|---------------------------|--|---------------------------|------------------|
| Entrée | Entrée | Entrée | Entrée | Entrée |
| Pasta with Meat Sauce | Chicken Patty Bacon Melt | Grilled Ham & Cheese Sandwich on Texas Toast | BBQ Pulled Pork Nachos | The Pittsburger |
| Featured Veggies | Featured Veggies | Featured Veggies | Featured Veggies | Featured Veggies |
| Green Beans | Ranch Baked Potato Wedges | Tater Nuggets | Refried Beans | French Fries |
| Tossed Salad | Baby Carrots | Red &Green Pepper Slices | Corn | Coleslaw |
| Featured Fruit | Featured Fruit | Featured Fruit | Featured Fruit | Featured Fruit |
| Choice of Milk | Choice of Milk | Choice of Milk | Choice of Milk | Choice of Milk |
| March-31 | April-1 | April-2 | April-3 | April-4 |

Pizza Shop: Pepperoni

Hot Options: Cheeseburger or Chicken Patty

| Chet's Salad or Club Hoagie | | | | |
|-----------------------------|----------------------------|------------------------------------|----------------------------|--|
| Entrée | Entrée | Entrée | Entrée | Entrée |
| Chicken Tenders | Walking Taco Brown Rice | BBQ Pork over Macaroni & Cheese | Pepperoni Pizza Flat Bread | Buffalo Chicken Dip over Tortilla Chips |
| Featured Veggies | Featured Veggies | Featured Veggies | Featured Veggies | Featured Veggies |
| Mash Potatoes/Gravy | Cheesy Refried Beans | Glazed Carrots | Green Beans | Steamed Corn |
| Roasted Brussel Sprouts | Baby Carrots | Cucumber Slices | Toss Salad | Carrot/Celery Stick w/Dip |
| Featured Fruit | Featured Fruit | Featured Fruit | Featured Fruit | Featured Fruit |
| Choice of Milk | Choice of Milk | Choice of Milk | Choice of Milk | Choice of Milk |
| April-7 | April-8 | April-9 | April-10 | April-11 |

Pizza Shop: Pepperoni

Hot Options: Cheeseburger or Chicken Patty

Taco Salad or Club Hoagie

| Entrée | Entrée | Entrée | Entrée | Entrée |
|---------------------|----------------------------------|------------------------|--------------------|----------------------|
| Bacon Cheeseburger | Beef or Chicken Nachos Grande | Rotini & Meat Sauce | Pancakes & Sausage | Pulled Pork Sandwich |
| Featured Veggies | Featured Veggies | Featured Veggies | Featured Veggies | Featured Veggies |
| Tater Tots | Cheesy Refried Beans | Green Beans | Hash Browns | French Fries |
| Carrot Sticks w/Dip | Yellow Corn | Spinach & Tomato Salad | Apple Celery Salad | Cucumber Slices |
| Featured Fruit | Featured Fruit | Featured Fruit | Featured Fruit | Featured Fruit |
| Choice of Milk | Choice of Milk | Choice of Milk | Choice of Milk | Choice of Milk |
| April-14 | April-15 | April-16 | April-17 | April-18 |

Pizza Shop: Pepperoni

Hot Options: Cheeseburger or Chicken Patty

| | Chef Salad or Club Hoagie | | |
|------------------------------------|-------------------------------|--|--|
| Entrée | Entrée | Entrée | |
| Chicken Parm over Pasta w/Sauce | Stuffed Crust Pizza | Popcom Chicken Mashed Potato Bowl with Cheddar Cheese | |
| Featured Veggies | Featured Veggies | Featured Veggies | |
| Green Bean Medley | Steamed Broccoli | Mashed Potato w/ Gravy | |
| Toss Salad | Baby Carrots & Grape Tomatoes | Yellow Corn | |
| Featured Fruit | Featured Fruit | Featured Fruit | |
| Choice of Milk | Choice of Milk | Choice of Milk | |

April-22





April-25

Pizza Shop: Pepperoni

April-24 Hot Options: Cheeseburger

Taco Salad or Club Hoagie

April-23



April-21

| Entrée | Entrée | Entrée | Entrée |
|---------------------------|----------------------|-------------------------------|---------------------|
| Steak Gyro | Mexican Bowl Meal | Chicken & Waffles | State Fair Corn Dog |
| Hummus | w/Brown Rice | | |
| Featured Veggies | Featured Veggies | Featured Veggies | Featured Veggies |
| Potato Wedges | Cheesy Refried Beans | Hash Brown Triangles | French Fries |
| Red & Green Pepper Slices | Steamed Corn | Baby Carrots & Grape Tomatoes | Coleslaw |
| Featured Fruit | Featured Fruit | Featured Fruit | Featured Fruit |
| Choice of Milk | Choice of Milk | Choice of Milk | Choice of Milk |