



Director of Food & Nutrition

Chloe Carter | Phone:(724)843-7470 x1327 | Email:carterc@tigerweb.org

Monday	Tuesday	Wednesday	Thursday	Friday
Back to School Welcome back! We're so happy to see you.				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26 Cinnamon Roll Assorted Juice Assorted Lowfat Milk Alt: Benefit Bars	27 Mini Blueberry Pancakes Assorted Juice Assorted Lowfat Milk Alt: Grape Crescent	28 Goody Ring Assorted Juice Assorted Lowfat Milk Alt: Omlet w/ toast	29 Pancake Wrap Nuggets Assorted Juice Assorted Lowfat Milk Alt: Assorted Cereal Bars

WHAT MAKES A BREAKFAST?

You must choose at least 3 of the 4 components
Choice of 2 whole grains or 1 whole grain and a meat/meat alternate
Choice of 2 fruits and Choice of low-fat milk.
*1½ c serving of fruits or vegetables must be one of the 3 components

MILK OPTIONS

Fat Free Vanilla, 1% White, Fat Free Chocolate

FRUIT OPTIONS

May choose 2 - ½ cup servings
Crisp Apple, Banana, Fresh Orange, Fresh Apple Slices, Applesauce, Raisins, Craisins, Sliced Peaches, Mixed Fruit, Pineapple Tidbits, Mandarin Oranges, Diced Pears, 100% Juice

ALTERNATE MENU OPTIONS

ASSORTED CEREAL W/ JUNGLE CRACKERS



Assistant Director of Food & Nutrition

Chloe Carter | Phone: (724) 843-7470 x1327 | Email: carterc@tigerweb.org

Monday	Tuesday	Wednesday	Thursday	Friday
Back to School Enjoy sunny days and fresh fruit while summer's still here.				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26 Fiestada Pizza Golden Corn Assorted Fruit Choice Assorted Lowfat Milk Alt Choice: Cheeseburger	27 French Toast Sticks w/ Sausage Patty's Crispy Tater Tots Diced Pears Assorted Lowfat Milk Alt Choice: Chicken Nuggets	28 Lasagna Roll Ups w/ Garlic Toast Steamed Green Beans Pineapple Tidbits Assorted Lowfat Milk Alt Choice: Hot Dog	29 BBQ Rib Sandwich Seasoned Mixed Vegetables Pineapple Tidbits Assorted Lowfat Milk Alt Choice: Cheese Pizza

WHAT MAKES A MEAL?

You must choose at least 3 of 5 components available for the reimbursable meal.
 Choice of Meat or Meat Alternate
 Choice of Vegetable, Choice of Fruit*
 Choice of Grain/Bread, and Choice of Milk
 *Students must choose at least one fruit or vegetable

MILK OPTIONS

Fat Free Vanilla, 1% White, Fat Free Chocolate

FRUIT & VEGGIE OPTIONS

***May choose up to two 1/2 cup servings**
 Broccoli Florets | Baby Carrots
 Dark Leafy Greens | Legume Salads
 Celery & Cucumber
***May choose one 1/2 cup servings**
 Crisp Apple | Sliced Peaches | Mixed Fruit
 Fresh Orange | Banana | Pineapple Tidbits
 Diced Pears | Applesauce

ALTERNATE MENU OPTIONS DAILY

WOW Butter & Jelly Sandwich
Salad Choices