

Assistant Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
Back to School Make the most of every morning this year with a healthy first meal.				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: Assorted Zee Zee Bars	27 Breakfast Pizza Assorted Juice Assorted Lowfat Milk Alt: Waffle Snaps	28 Strawberry Cream Cheese Bagel Assorted Juice Assorted Lowfat Milk Alt: Assorted Benefit Bars	29 Breakfast Chicken Biscuit Assorted Juice Assorted Lowfat Milk Alt: Cherry Muffin

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

1% White, Fat Free Chocolate, Fat Free Vanilla

1% Strawberry

FRUIT OPTIONS

May choose up to TWO - ½ cup servings

Crisp Apple, Banana, Fresh Orange, 100% Juice

ALTERNATE MENU OPTIONS

ASSORTED CEREAL W/CRACKERS
 POP TARTS W/CRACKERS
 CEREAL BARS W/CRACKERS

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Monday	Tuesday	Wednesday	Thursday	Friday
Back to School This is the start of something big, Class of '26.				
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26 Fiestada Pizza Green Beans Mixed Fruit Assorted Lowfat Milk Alt: BBQ RIB Sandwich	27 French Toast Sticks w/ Sausage Tater Tots Diced Pears Assorted Lowfat Milk Alt: Corn Dog Nuggets	28 Korean BBQ Bowl Steamed Carrots Diced Peaches Assorted Lowfat Milk Alt: BBQ Chicken Sandwich	29 Italian Dunker Mixed Vegetables Citrus Orange Assorted Lowfat Milk Alt: Meatball Hoagie

THE PIZZERIA

DAILY

CHEESE PIZZA
PEPPERONI PIZZA
SAUSAGE PIZZA
SPECIALTY PIZZA

THE GRILL

DAILY

CHEESEBURGER
CRISPY CHICKEN SANDWICH
SPICY CHICKEN SANDWICH
FRENCH FRIES

GRAB N' GO

DAILY

HAM OR TURKEY SANDWICH
BREADED OR SPICY CHICKEN WRAP
TURKEY, HAM OR ITALIAN WRAP
BREADED OR SPICY CHICKEN SALAD
GARDEN SALAD

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

1% White, Fat Free Chocolate, Fat Free Vanilla
Fat Free Strawberry

FRUIT & VEGGIE OPTIONS

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

ALTERNATE MENU OPTIONS

PEANUT BUTTER AND JELLY W/STRING CHEESE
VARIETY OF ALA CARTE ITEMS AND SPECIALS