

Assistant Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
1 LABOR DAY NO SCHOOL	2 Blueberry Pancakes Assorted Juice Assorted Lowfat Milk Alt: Raspberry Roll	3 Scrambled Eggs, Potatoes & Toast Assorted Juice Assorted Lowfat Milk Alt: Blueberry Overnight Oats	4 Breakfast Burrito Assorted Juice Assorted Lowfat Milk Alt: Banana Muffin	5 Mini Maple Waffles Assorted Juice Assorted Lowfat Milk Alt: Goody Ring
8 Pancake Bites Assorted Juice Assorted Lowfat Milk Alt: Apple Roll	9 Double Chocolate Muffin Top Assorted Juice Assorted Lowfat Milk Alt: Breakfast Pizza	10 Bacon Egg & Cheese Muffin Assorted Juice Assorted Lowfat Milk Alt: Blueberry Muffin	11 Iced Donut Assorted Juice Assorted Lowfat Milk Alt: Yogurt w/ Crackers	12 Pull A-Part Donut Assorted Juice Assorted Lowfat Milk Alt: Apple Frudel
15 Mini French Toast Assorted Juice Assorted Lowfat Milk Alt: Omelet w/ Toast	16 Cinnamon Roll Assorted Juice Assorted Lowfat Milk Alt: Assorted Zee Zee Bars	17 Breakfast Pizza Assorted Juice Assorted Lowfat Milk Alt: Waffle Snaps	18 Strawberry Cream Cheese Bagel Assorted Juice Assorted Lowfat Milk Alt: Assorted Benefit Bars	19 Breakfast Chicken Biscuit Assorted Juice Assorted Lowfat Milk Alt: Cherry Muffin
22 Sausage & Cheese Biscuit Assorted Juice Assorted Lowfat Milk Alt: Grape Crescent	23 Blueberry Pancakes Assorted Juice Assorted Lowfat Milk Alt: Raspberry Roll	24 Scrambled Eggs, Potatoes & Toast Assorted Juice Assorted Lowfat Milk Alt: Blueberry Overnight Oats	25 Breakfast Burrito Assorted Juice Assorted Lowfat Milk Alt: Banana Muffin	26 Mini Maple Waffles Assorted Juice Assorted Lowfat Milk Alt: Goody Ring
29 Pancake Bites Assorted Juice Assorted Lowfat Milk Alt: Apple Roll	30 Double Chocolate Muffin Top Assorted Juice Assorted Lowfat Milk Alt: Breakfast Pizza	 Hello Fall Keep your head in the game with a healthy start every day.		

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.

*½ c serving of fruits or vegetables must be one of the 3 components

MILK OPTIONS

1% White, Fat Free Chocolate, Fat Free Vanilla
Fat Free 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	THE PIZZERIA
1 ★LABOR DAY★ NO SCHOOL	2 Lasagna Roll Ups Steamed Broccoli Apple Slices Assorted Lowfat Milk Alt: Sloppy Joe	3 Popcorn Chicken Bowl w/ Fresh Bread Golden Corn Petite Banana Assorted Lowfat Milk Alt: Italian Hoagie	4 Loaded Chicken Tachos w/ Garlic Toast Green Beans Citrus Orange Assorted Lowfat Milk Alt: Buffalo Chicken Panini	5 Pork Quesadilla Refried Beans Mandarin Oranges Assorted Lowfat Milk Alt: Chili Cheese Dog	DAILY CHEESE PIZZA PEPPERONI PIZZA SAUSAGE PIZZA SPECIALTY PIZZA
8 Queso Cheesesteak Tater Tots Diced Pears Assorted Lowfat Milk Alt: Pierogies w/ Bread	9 Walking Beef Tacos Refried Beans Mixed Fruit Assorted Lowfat Milk Alt: Chicken Sliders	10 Johnny Marzetti Steamed Broccoli Pineapple Tidbits Assorted Lowfat Milk Alt: Turkey Bacon Ranch Panini	11 General TSO Chicken Bowl Steamed Carrots Petite Banana Assorted Lowfat Milk Alt: Crunchy Fish Sticks	12 Oven Baked Breaded Chicken w/ Biscuit Mixed Vegetables Applesauce Assorted Lowfat Milk Alt Choice: Meatball Hoagie	
15 Dutch Waffle & Chicken Baked French Fries Mandarin Oranges Assorted Lowfat Milk Alt Choice: Chipotle Chicken Flatbread	16 Beef & Cheese Taco Salad Green Beans Diced Peaches Assorted Lowfat Milk Alt Choice: Corn Dog Nuggets	17 Chicken Ramen Bowl Mixed Vegetables Mixed Fruit Assorted Lowfat Milk Alt Choice: BBQ Rib Sandwich	18 Pork Burrito Bowl Black Beans Pineapple Tidbits Assorted Lowfat Milk Alt Choice: Hot Dog	19 Meatball Hoagie Steamed Carrots Cinnamon Applesauce Assorted Lowfat Milk Alt Choice: Chicken Nuggets	THE GRILL DAILY CHEESEBURGER CRISPY CHICKEN SANDWICH SPICY CHICKEN SANDWICH FRENCH FRIES
22 Italian Dunkers Steamed Broccoli Golden Apple Assorted Lowfat Milk Alt Choice: Chicken Quesadilla	23 Buffalo Chicken Dipper w/Garlic Toast Steamed Carrots Diced Pears Assorted Lowfat Milk Alt Choice: Pepperoni Panini	24 Breaded Pork Patty Mashed Potatoes Mixed Vegetables Petite Banana Assorted Lowfat Milk Alt Choice:Pulled BBQ Chicken Sandwich	25 Waffles & Sausage Patties Crispy Tater Tots Mixed Fruit Assorted Lowfat Milk Alt Choice: Chicken Nuggets	26 Beef & Cheese Fries w/ Garlic Toast Vegetarian Beans Mandarin Oranges Assorted Lowfat Milk Alt Choice: Hot Ham & Cheese on Ciabatta	
29 Breaded Chicken Salad w/ Fresh Bread Baked French Fries Pineapple Tidbits Assorted Lowfat Milk Alt Choice: Hawaiian Burger	23 Chicken Fajita & Cheese Dip w/ Bread Steamed Carrots Applesauce Assorted Lowfat Milk Alt Choice:Tuna Melt	 Hello Fall Friday Night Football is for friends and family.			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
 1% 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