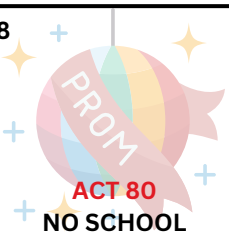





Assistant Director of Food & Nutrition

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Two servings of fruit before first period gets your day in a groove.</p>				<p>1 Sausage Egg & Cheese Muffin Assorted Juice Assorted Lowfat Milk Alt: Benefit Bars</p>
<p>4 Chocolate Chip Muffin Assorted Juice Assorted Lowfat Milk Alt: Mini Cinnis</p>	<p>5 Sausage Breakfast Pizza Assorted Juice Assorted Lowfat Milk Alt: Pull Apart Donut</p>	<p>6 Soft Filled Cinnamon Toast Crunch Bar Assorted Juice Assorted Lowfat Milk Alt:Cereal Bar w/ crackers</p>	<p>7 Assorted Benefit Bar Assorted Juice Assorted Low fat Milk Alt: Assorted Yogurt w/ crackers</p>	<p>8  ACT 80 NO SCHOOL</p>
<p>11 Mini Maple Waffle Assorted Juice Assorted Lowfat Milk Alt: Chocolate Muffin Tops</p>	<p>12 Iced Donut w/ Sprinkles Assorted Juice Assorted Lowfat Milk Alt: Grape Crescent</p>	<p>13 Chocolate Chip Waffle Snaps Assorted Juice Assorted Low fat Milk Alt: Goody Bun</p>	<p>14 Raspberry Swirl Roll Assorted Juice Assorted Lowfat Milk Alt: Choco Crisp Cereal Blast Waffle</p>	<p>15 Chocolate Crescent Assorted Juice Assorted Lowfat Milk Alt: Blueberry Muffin</p>
<p>18 Pop Tart w/ Crackers Assorted Juice Assorted Lowfat Milk Alt: Mini Chocolate Chip French Toast</p>	<p>19 Cinnamon Roll Assorted Juice Assorted Lowfat Milk Alt: Assorted Cereal Bars w/ crackers</p>	<p>20 Maple Waffle Snaps Assorted Juice Assorted Lowfat Milk Alt: Cherry Frudel</p>	<p>21 Confetti Pancakes Assorted Juice Assorted Lowfat Milk Alt: Assorted Zee Zee Bars</p>	<p>22 Sausage Egg & Cheese Muffin Assorted Juice Assorted Lowfat Milk Alt: Benefit Bars</p>
<p>25  MEMORIAL DAY NO SCHOOL</p>	<p>26 Sausage Breakfast Pizza Assorted Juice Assorted Lowfat Milk Alt: Pull Apart Donut</p>	<p>27 Soft Filled Cinnamon Toast Crunch Bar Assorted Juice Assorted Lowfat Milk Alt:Cereal Bar w/ crackers</p>	<p>28 Assorted Benefit Bar Assorted Juice Assorted Low fat Milk Alt: Assorted Yogurt w/ crackers</p>	<p>29 Strawberry Cream Cheese Bagel Assorted Juice Assorted Low fat Milk Alt: Goody Ring</p>

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

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

FRUIT OPTIONS

May choose 2 - ½ cup servings Fresh Apple Slices, Applesauce, Assorted Fruit Cups, 100% Juice



ALTERNATE MENU OPTIONS ASSORTED CEREAL W/ JUNGLE CRACKERS

Fresh Eats

CAFETERIA

Assistant Director of Food & Nutrition

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Thank the heroes who serve your food in the cafeteria.</p>				<p>1</p> <p>Pepperoni Pizza Steamed Carrots Applesauce Assorted Lowfat Milk Alt Choice: Meatball Hoagie</p>
<p>4</p> <p>Italian Dunkers Steamed Broccoli Golden Apple Assorted Lowfat Milk Alt Choice: Chicken Quesadilla</p>	<p>5</p> <p>Beef & Cheese Nacho Refried Beans Mixed Fruit Assorted Lowfat Milk Alt: BBQ RIB Sandwich Nutrition Global :Cinco De Mayo</p>	<p>6</p> <p>Breaded Pork Patty w/ bread Mashed Potatoes w/ Gravy Steamed Peas Cinnamon Apple Slices Alt Choice:Cheeseburger</p>	<p>7</p> <p>Waffles & Sausage Patties Crispy Tater Tots Mixed Fruit Assorted Low fat Milk Alt: Chicken Nuggets w/ bread</p>	<p>8</p> <p> No School Act 80 Day</p>
<p>11</p> <p>Breaded Chicken Salad w/ Fresh Bread French Fries Pineapple Tidbits Assorted Lowfat Milk Alt: Corn Dog Nuggets</p>	<p>12</p> <p>Chicken Fajita & Cheese Dip w/ Fresh Bread Steamed Carrots Applesauce Assorted Lowfat Milk Alt: Cheesy Pepperoni Panini</p>	<p>13</p> <p>Macaroni & Cheese w/ Garlic Toast Steamed Broccoli Mixed Fruit Assorted Lowfat Milk Alt: Italian Hoagie</p>	<p>14</p> <p>Beef & Cheese Fries w/ Garlic Toast Mixed Vegetables Mandarin Oranges Assorted Lowfat Milk Alt Choice: Spicy Chicken Sandwich</p>	<p>15</p> <p>Cheese Pizza Vegetarian Beans Diced Peaches Assorted Lowfat Milk Alt: Hot Ham & Cheese on Ciabatta</p>
<p>18</p> <p>Cheeseburger Wrap Baked French Fries Golden Apple Assorted Lowfat Milk Alt Choice: Chicken Nuggets w/ bread</p>	<p>19</p> <p>Fiestada Pizza Steamed Carrots Mixed Fruit Assorted Lowfat Milk Alt: BBQ RIB Sandwich</p>	<p>20</p> <p>French Toast Sticks w/ Sausage Patties Crispy Tater Tots Petite Banana Assorted Lowfat Milk Alt: Corn Dog Nuggets</p>	<p>21</p> <p>Korean BBQ Meatball Rice Bowl w/ Garlic Toast Steamed Carrots Diced Peaches Assorted Lowfat Milk Alt: BBQ Chicken Sandwich</p>	<p>22</p> <p>Cheese Pizza Vegetarian Beans Pineapple Tidbits Assorted Lowfat Milk Alt: Meatball Hoagie</p>
<p>25</p> <p> MEMORIAL DAY NO SCHOOL</p>	<p>26</p> <p>Lasagna Roll Ups w/ Garlic Toast Steamed Broccoli Applesauce Assorted Lowfat Milk Alt: Breaded Chicken Sandwich</p>	<p>27</p> <p>Popcorn Chicken Bowl w/ Fresh Bread Golden Corn Petite Banana Assorted Lowfat Milk Alt: Corn Dog</p>	<p>28</p> <p>Loaded Chicken Totchos w/ Garlic Toast Steamed Carrots Citrus Orange Assorted Lowfat Milk Alt: Hot Dog</p>	<p>29</p> <p>Pepperoni Pizza Vegetarian Beans Mixed Fruit Assorted Lowfat Milk Alt: Pierogies w/ Bread</p>

WHAT MAKES A MEAL?

You must choose at least 3 of 5 components available for the school lunch price.
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, 1% Strawberry

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
Deli Sandwiches
Peanut Butter & Jelly Sandwich
Salads