

Director of Food & Nutrition

Ardela Wolfe 412-824-8012 ext 4146 awolfe@eawildcats.net

Monday 	Tuesday 	Wednesday 	Thursday 	Friday 
Daily Offers Assorted Wraps Assorted Hoagies Wow Butter & Jelly Sandwich Fresh Vegetables Fresh Fruit	1 French Toast Sticks w/Sausage Patties Tater Tots Diced Pears Chicken Patty Sandwich Fruit & Yogurt Parfait w/Granola	2 Pizza Pasta Bake Seasoned Broccoli Mandarin Oranges Grilled Cheese Sandwich Turkey & Ham Chef Salad w/Fresh Bread	3 Hot Dog Bar BBQ Baked Beans Applesauce Cup Beef & Cheese Nachos Fruit & Yogurt Parfait w/Granola & Crackers	4 Boneless Wings Seasoned Mixed Vegetables Mandarin Oranges Cheese or Pepperoni Pizza Popcorn Chicken Salad w/Fresh Bread
7  NO SCHOOL	8 Chicken & Gravy over Biscuit Seasoned Mixed Vegetables Diced Pears Chicken Patty Sandwich Fruit & Yogurt Parfait w/Granola	9 Beef & Broccoli Bowl Seasoned Broccoli Mandarin Oranges Grilled Cheese Sandwich Turkey & Ham Chef Salad	10 Cheese Steak Hoagie BBQ Baked Beans Diced Peaches Beef & Cheese Nachos Fruit & Yogurt Parfait w/Granola	11 Buffalo Chicken Dip Baked Fries Mandarin Oranges Cheese or Pepperoni Pizza Popcorn Chicken Salad w/Fresh Bread
14 Breaded Chicken Pasta & Pasta Seasoned Green Beans Diced Peaches Cheeseburger Crispy Chicken Salad w/Fresh Bread	15 Cheese Steak Stromboli Seasoned Corn Diced Pears Chicken Patty Sandwich Fruit & Yogurt Parfait w/Granola & Crackers	16 General Tso Chicken Bowl Seasoned Broccoli Mandarin Oranges Grilled Cheese Sandwich Turkey & Ham Chef salad	17 Beef Stroganoff Seasoned Carrots Applesauce Cup Beef & Cheese Nachos Fruit & Yogurt Parfait w/Granola & Crackers	18 Hot Turkey Sandwich w/Gravy & Mashed Potatoes Pineapple Tid Bit Cheese or Pepperoni Pizza Popcorn Chicken Salad
Daily Milk Options: Fat Free Chocolate, Vanilla & 1% White				

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Monday 	Tuesday 	Wednesday 	Thursday 	Friday 
21 No School	22 Pepperoni Pinwheel Tater Tota Applesauce Cup Chicken Patty Sandwich Fruit & Yogurt Parfait w/Granola & Crackers	23 Popcorn Chicken Bowl Seasoned Corn Diced Peaches Grilled Cheese Sandwich Turkey & Ham Chef Salad w/Freah Bread	24 BBQ Rib on a Bun BBQ Baked Beans Pineapple Tid Bit Beef & Cheese Nachos Fruit & Yogurt Parfait w/Granola	25 Hot Dog on a Bun Seasoned Broccoli Mixed Fruit Cheese or Pepperoni Pizza Popcorn Chicken Salad w/Fresh Bread
28 Penna Pasta w/Meatballs Seasoned Green Beans Diced Peaches Cheeseburger Crispy Chicken Salad w/Freah Bread	29 Teriyaki Dumplings w/Fried Rice Seasoned Corn Applesauce Cup Chicken Patty Sandwich Fruit & Yogurt Parfait w/Gronla & Crackers	30 Sweet & Sour Chicken Over Rice Seasoned Broccoli Mandarin Oranges Grilled Cheese Sandwich Turkey & Ham Chef Salad		



**A little kindness
goes a long way.**

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