



**Assistant Director of Food & Nutrition**

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

| Monday                                                                            | Tuesday    | Wednesday                             | Thursday                 | Friday                                          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                   |                                                                                             |                                                                                                                        | <b>1</b><br><br><b>Iced Donut w/ Sprinkles</b><br>Assorted Juice<br><b>Alt: Yogurt w/ Crackers</b>          | <b>2</b><br><br><b>Pull A-Part Donut</b><br>Assorted Juice<br><b>Alt: Pancake Wrap Nuggets</b>                                     |
| <b>5</b><br><br><b>Mini Chocolate Chip French Toast</b><br>Assorted Juice<br><b>Alt: Omelet w/ Toast</b>                                                           | <b>6</b><br><br><b>Cinnamon Roll</b><br>Assorted Juice<br><b>Alt: Assorted Zee Zee Bars</b> | <b>7</b><br><br><b>Sausage Breakfast Pizza</b><br>Assorted Juice<br><b>Alt: Maple Waffle Snaps</b>                     | <b>8</b><br><br><b>Strawberry Cream Cheese Bagel</b><br>Assorted Juice<br><b>Alt: Assorted Benefit Bars</b> | <b>9</b><br><br><b>Breakfast Chicken Patty on a Biscuit</b><br>Assorted Juice<br><b>Alt: Soft Filled Cinnamon Toast Crunch Bar</b> |
| <b>12</b><br><br><b>In-Service Day</b><br><b>No School for Students</b><br><br> | <b>13</b><br><br><b>Confetti Pancakes</b><br>Assorted Juice<br><b>Alt: Raspberry Roll</b>   | <b>14</b><br><br><b>Scrambled Eggs, Potatoes &amp; Toast</b><br>Assorted Juice<br><b>Alt: Blueberry Overnight Oats</b> | <b>15</b><br><br><b>Breakfast Burrito</b><br>Assorted Juice<br><b>Alt: Banana Mini Loaf w/ crackers</b>     | <b>16</b><br><br><b>Mini Maple Waffles</b><br>Assorted Juice<br><b>Alt: Goody Ring</b>                                             |
| <b>Daily Milk Options: FF Vanilla, FF Strawberry, FF Chocolate,1% White</b>                                                                                        |                                                                                             |                                                                                                                        |                                                                                                             |                                                                                                                                    |



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|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| <b>19</b><br><br><b>Mini Chocolate Chip French Toast</b><br>Assorted Juice<br><b>Alt: Omelet w/ Toast</b> | <b>20</b><br><br><b>Cinnamon Roll</b><br>Assorted Juice<br><b>Alt: Assorted Zee Zee Bars</b>              | <b>21</b><br><br><b>Sausage Breakfast Pizza</b><br>Assorted Juice<br><b>Alt: Maple Waffle Snaps</b>     | <b>22</b><br><br><b>Strawberry Cream Cheese Bagel</b><br>Assorted Juice<br><b>Alt: Assorted Benefit Bars</b> | <b>23</b><br><br><b>Breakfast Chicken Patty on a Biscuit</b><br>Assorted Juice<br><b>Alt: Soft Filled Cinnamon Toast Crunch Bar</b>  |
| <b>26</b><br><br><b>Pancake Wrap Nuggets</b><br>Assorted Juice<br><b>Alt: Apple Roll</b>                  | <b>27</b><br><br><b>Double Chocolate Chip Muffin Top</b><br>Assorted Juice<br><b>Alt: Breakfast Pizza</b> | <b>28</b><br><br><b>Bacon Egg &amp; Cheese Muffin</b><br>Assorted Juice<br><b>Alt: Blueberry Muffin</b> | <b>29</b><br><br><b>Iced Donut w/ Sprinkles</b><br>Assorted Juice<br><b>Alt: Yogurt w/ Crackers</b>          | <b>30</b><br><br><br><b>Act 80 Day No School</b> |

**Eat well, feel great, be amazing.**



**Daily Milk Options: FF Vanilla, FF Strawberry, FF Chocolate, 1% White**



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| Monday                                                                                                                                                    | Tuesday                                                                                                          | Wednesday                                                                                                                      | Thursday                                                                                                                                      | Friday                                                                                                                                           | THE PIZZERIA                                                                                                                                           |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                          |                                                                                                                  |                                                                                                                                | <b>1</b><br><b>Waffles &amp; Sausage Patties</b><br>Crispy Tater Tots<br>Mixed Fruit<br><b>Alt Choice:</b><br><b>Chicken Nuggets w/ bread</b> | <b>2</b><br><b>Loaded Beef &amp; Cheese Fries w/ Garlic Toast</b><br>Vegetarian Beans<br>Mandarin Oranges<br><b>Alt: Ham &amp; Cheese Slider</b> | <b>CHEESE PIZZA</b><br><br><b>PEPPERONI PIZZA</b><br><br><b>SAUSAGE PIZZA</b><br><br><b>SPECIALTY PIZZA</b><br><b>THE GRILL</b><br><b>CHEESEBURGER</b> |
| <b>5</b><br><b>Crispy Chicken Salad w/ Fresh Bread</b><br>Baked French Fries<br>Pineapple Tidbits<br><b>Alt: Pizza Burger</b>                             | <b>6</b><br><b>Sweet Heat Chicken Gyro</b><br>Seasoned Carrots<br>Applesauce<br><b>Alt: Tangy BBQ Sandwich</b>   | <b>7</b><br><b>Macaroni &amp; Cheese w/Garlic Toast</b><br>Steamed Green Beans<br>Fresh Orange<br><b>Alt: Corn Dog</b>         | <b>8</b><br><b>Cheese Ravioli w/ Garlic Breadstick</b><br>Steamed Broccoli<br>Citrus Orange<br><b>Alt: Dill Chicken Sandwich</b>              | <b>9</b><br><b>Grilled Cheese w/ Tomato Soup</b><br>Vegetarian Beans<br>Diced Pears<br><b>Alt: BBQ Pulled Pork Sandwich</b>                      | <b>CHICKEN SANDWICH</b><br><br><b>SPICY CHICKEN SANDWICH</b><br><br><b>FRENCH FRIES</b><br><b>GRAB N' GO</b><br><b>HAM OR TURKEY SANDWICH</b>          |
| <b>12</b><br><b>In-Service Day</b><br><b>No School for Students</b><br> | <b>13</b><br><b>Crispy Chicken Tenders</b><br>Steamed Green Beans<br>Mixed Fruit<br><b>Alt: BBQ Rib Sandwich</b> | <b>14</b><br><b>French Toast Sticks w/ Sausage Patties</b><br>Crispy Tater Tots<br>Diced Pears<br><b>Alt: Corn Dog Nuggets</b> | <b>15</b><br><b>Korean BBQ Meatball Rice Bowl w/ Garlic Toast</b><br>Steamed Carrots<br>Diced Peaches<br><b>Alt: BBQ Chicken Sandwich</b>     | <b>16</b><br><b>Italian Dunkers</b><br>Mixed Vegetables<br>Citrus Orange<br><b>Alt: Chicken Nuggets w/ bread</b>                                 | <b>BREADED OR SPICY CHICKEN WRAP</b><br><br><b>TURKEY, HAM OR ITALIAN WRAP</b><br><br><b>BREADED OR SPICY CHICKEN SALAD</b><br><br><b>GARDEN SALAD</b> |
| <b>Daily Milk Options: FF Vanilla, FF Strawberry, FF Chocolate, 1% White</b>                                                                              |                                                                                                                  |                                                                                                                                |                                                                                                                                               |                                                                                                                                                  |                                                                                                                                                        |



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| Monday                                                                                                                                                                                                            | Tuesday                                                                                                                                                       | Wednesday                                                                                                                                                 | Thursday                                                                                                                                                  | Friday                                                                                                                                         | <div>THE PIZZERIA</div> <div>CHEESE PIZZA</div> <div>PEPPERONI PIZZA</div> <div>SAUSAGE PIZZA</div> <div>SPECIALTY PIZZA</div> <div>THE GRILL</div> <div>CHEESEBURGER</div> <div>CHICKEN SANDWICH</div> <div>SPICY CHICKEN SANDWICH</div> <div>FRENCH FRIES</div> <div>GRAB N' GO</div> <div>HAM OR TURKEY SANDWICH</div> <div>BREADED OR SPICY CHICKEN WRAP</div> <div>TURKEY, HAM OR ITALIAN WRAP</div> <div>BREADED OR SPICY CHICKEN SALAD</div> <div>GARDEN SALAD</div> |
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| <div>19</div> <div>Bacon Cheeseburger</div> <div>Baked French Fries</div> <div>Pineapple Tidbits</div> <div>Alt: Meatball Hoagie</div>                                                                            | <div>20</div> <div>Lasagna Roll Ups w/ Garlic Toast</div> <div>Steamed Broccoli</div> <div>Apple Slices</div> <div>Alt: Crispy Chicken Tenders w/ bread</div> | <div>21</div> <div>Popcorn Chicken Bowl w/ Fresh Bread</div> <div>Golden Corn</div> <div>Petite Banana</div> <div>Alt: Italian Hoagie</div>               | <div>22</div> <div>Loaded Chicken Totchos w/ Garlic Toast</div> <div>Green Beans</div> <div>Citrus Orange</div> <div>Alt: Buffalo Chicken Panini</div>    | <div>23</div> <div>Chicken Quesadilla</div> <div>Refried Beans</div> <div>Mandarin Oranges</div> <div>Alt: Chili Cheese Dog</div>              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <div>26</div> <div>Queso Cheesesteak Hoagie</div> <div>Tater Tots</div> <div>Diced Pears</div> <div>Alt: Pierogies w/ bread</div>                                                                                 | <div>27</div> <div>Walking Beef Tacos w/ Fresh Bread</div> <div>Refried Beans</div> <div>Mixed Fruit</div> <div>Alt: Chicken Sliders</div>                    | <div>28</div> <div>Cheese Ravioli w/Garlic Toast</div> <div>Steamed Broccoli</div> <div>Pineapple Tidbits</div> <div>Alt: Turkey Bacon Ranch Panini</div> | <div>29</div> <div>General TSO Chicken Bowl</div> <div>Steamed Carrots</div> <div>Petite Banana</div> <div>Alt: Crunchy Fish Sticks w/ Garlic Toast</div> | <div>30</div> <div>Act 80 Day No School</div> <div></div> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <div><div><div>BE YOUR</div><div>Best Self</div><div></div></div><div><div>Eat well, feel great, be amazing.</div></div></div> |                                                                                                                                                               |                                                                                                                                                           |                                                                                                                                                           |                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <div>Daily Milk Options: FF Vanilla, FF Strawberry, FF Chocolate,1% White</div>                                                                                                                                   |                                                                                                                                                               |                                                                                                                                                           |                                                                                                                                                           |                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |