



**What is a Meal?** A minimum of 3 of the 5 components  
At least 1/2 cup serving of fruit or vegetable must be selected to make a meal

**What is a Component?**

- Meat or Meat Alternate
- Grain/Bread
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk
- (Skim, 1% white, and fat-free chocolate)

**Daily Fruit Selections May Include:**

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, mandarin oranges, 100% fruit juice

**Grill Selections May Include:**

Hamburger, Cheeseburger, Chicken Patty, Spicy Chicken Patty, Chicken Nuggets, Grilled Cheese

**Deli Selections May Include:**

Turkey, Ham, Buffalo Chicken on Wraps, Hoagies, or Flatbread

**Pizza Selections May Include:**

Cheese, Pepperoni, Buffalo Chicken Pizza, Stuffed Crust Pizza

**Fresh Salads May Include:**

Chicken Caesar  
Chopped Garden



**Lunch Prices:**

Student \$2.05  
Reduced \$4.00  
Adult \$3.05

**Heather Reimer**

General Manager  
814-946-8271  
hreimer@asdcats.com

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Cafeteria Staff Needed</b>  <b>Weekends, Holidays and Summer off!</b>  <b>For more information call:</b>  <b>Andrea Seasack</b>  <b>(814) 505-1512</b>		<b>Nutritious Friend</b>  <b>OF THE</b>  <b>MONTH</b>  <b>IS.....</b>	 <b>Avocado-do</b>	<b>1</b>  <b>Cheese Pizza Sticks with Sauce</b>  <b>Steamed Carrots</b> <b>Green Peas</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>
4	5	6	7	8
<b>Ham and Cheese on Pretzel Roll</b> <b>Vegetable Beef Soup</b> <b>Steamed Broccoli</b> <b>Baby Carrots</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>Chicken Fajita Wrap</b>  <b>Balck Bean Corn Salad</b> <b>Green Beans</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>Cowboy Burger</b>  <b>French Fries</b> <b>Steamed Carrots</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>Chicken and Gravy over Waffles</b>  <b>Mashed Potatoes</b> <b>Steamed Corn</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>Toasted Cheese Sandwich</b>  <b>Toamto Soup</b> <b>Cucumber Slices</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>
11	12	13	14	15
<b>Parmesan Popcorn</b> <b>Chicken &amp; Breadstick</b>  <b>Steamed Broccoli</b> <b>Caesar Salad</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>Soft Tacos</b>  <b>Cheesy Refried Beans</b> <b>Red Pepper Strips</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>Chicken Mashed Potato Dinner Roll</b>  <b>Mashed Potatoes</b> <b>Steamed Corn</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>HAPPY VALENTINES DAY</b> <b>Pasta with Meat Sauce</b> <b>Breadstick</b>  <b>Steamed Carrots</b> <b>Caesar Salad</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>NO SCHOOL</b> <b>WINTER BREAK</b> 
18	19	20	21	22
<b>NO SCHOOL</b> 	<b>General Tso's Chicken over Rice</b>  <b>Steamed Broccoli</b> <b>Red Pepper Strips</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>Walking Taco</b> <b>Mexican Rice</b>  <b>Black Bean Corn Salad</b> <b>Cucumber Slices</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>Rodeo Chicken Sandwich</b>  <b>French Fries</b> <b>Steamed Corn</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>Cheese Pizza Sticks with Sauce</b>  <b>Italian Salad</b> <b>Glazed Carrots</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>
25	26	27	28	
<b>BBQ Rib Sandwich</b>  <b>French Fries</b> <b>Celery Sticks</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>Loaded Nachos</b>  <b>Black Bean Corn Salad</b> <b>Steamed Carrots</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>Cowboy Burger</b>  <b>Green Peas</b> <b>Baby carrots</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	<b>Cheesy Chicken Quesadilla</b>  <b>Steamed Corn</b> <b>Red Pepper Strips</b> <b>Choice of Fruit</b> <b>Choice of Milk</b>	