



What is a Meal?
 - 3 of the 5 components
 - At least 1/2 cup serving of fruit or 1/2 cup of vegetable

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)

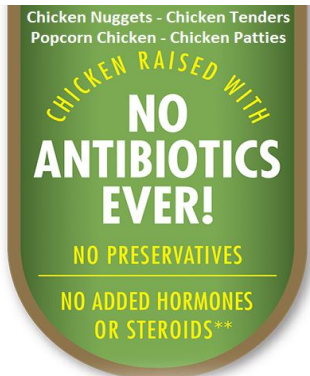
Daily Fruit Selection May Include:
 oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Other Meal Options May Include:
 PB&J Jamwich w/ String Cheese & Crackers
 Fruit & Yogurt w/ Crackers & String Cheese
 Chef Salad w/ Dressing

Lunch Prices:
 Student \$2.05
 Reduced \$.40
 Adult \$3.05

Heather Reimer
 General Manager
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USDA is an equal opportunity provider and employer.



Monday	Tuesday	Wednesday	Thursday	Friday
Cafeteria Staff Needed Weekends, Holidays and Summer off! For more information call: Andrea Seasack (814) 505-1512		Nutritious Friend OF THE MONTH IS.....		1 Pizza Bagel Green Peas Steamed Corn Choice of Fruit Choice of Milk
4 Chicken Nuggets Dinner Roll Cheesy Broccoli Baby Carrots Choice of Fruit Choice of Milk	5 Soft Tacos Baked Beans Cherry Tomatoes Choice of Fruit Choice of Milk	6 Ham and Cheese on a Pretzel Roll French Fries Baby Carrots Choice of Fruit Choice of Milk	7 Chicken Mashed Potato Dinner Roll Mashed Potatoes Corn Choice of Fruit Choice of Milk	8 Cheese or Pepperoni Pizza Green Beans Italian Salad Choice of Fruit Choice of Milk
11 Chicken Patty Sandwich Green Beans Baby Carrots Choice of Fruit Choice of Milk	12 Walking Taco Mexican Rice Baked Beans Steamed Corn Choice of Fruit Choice of Milk	13 Corn Dog Tater Tots Red Pepper Strips Choice of Fruit Choice of Milk	14 Happy Valentines Day General Tso's Chicken over Rice Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk	15 NO SCHOOL WINTER BREAK 
18 NO SCHOOL 	19 Loaded Nachos Baked Beans Steamed Corn Choice of Fruit Choice of Milk	20 Cheeseburger French Fries Baby Carrots Choice of Fruit Choice of Milk	21 Pasta with Meat Sauce Breadstick Steamed Broccoli Italian Salad Choice of Fruit Choice of Milk	22 Cheese Pizza Sticks with Sauce Green Beans Red Pepper Strips Choice of Fruit Choice of Milk
25 Chicken Nuggets Dinner Roll Cheesy Broccoli Baby Carrots Choice of Fruit Choice of Milk	26 Walking Taco Mexican Rice Baked Beans Cherry Tomatoes Choice of Fruit Choice of Milk	27 Sloppy Joe French Fries Italian Salad Choice of Fruit Choice of Milk	28 Chicken Mashed Potato Dinner Roll Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	