



Satellite Sites Lunch Menu February 2019



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 Selections May Include:
 (varies seasonally)
 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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pizza Bagel Caesar Salad Fruit Milk
4 Hot Ham and Cheese On Pretzel Roll Baby Carrots Fruit Milk	5 Soft Tacos Baked Beans Fruit Milk	6 Cheeseburger French Fries Fruit Milk	7 Popcorn Chicken Dinner Roll Steamed Broccoli Fruit Milk	8 Cheese or Pepperoni Pizza Green Beans Fruit Milk
11 Chicken Nuggets Dinner Roll Cheesy Broccoli Fruit Milk	12 Meatball and Cheese Hoagie Green Beans Fruit Milk	13 Hot Dog Baked Beans Fruit Milk	14 French Toast Sticks with Sausage Patties Tater Tots Fruit Milk	15 NO SCHOOL WINTER BREAK 
18 NO SCHOOL 	19 Walking Taco Dinner Roll Baked Beans Fruit Milk	20 Chicken Mashed Potato Dinner Roll Steamed Corn Fruit Milk	21 Pasta with Meatsauce Italian Salad Fruit Milk	22 Cheese Pizza Sticks with Sauce Steamed Broccoli Fruit Milk
25 Chicken Nuggets Dinner Roll Green Beans Fruit Milk	26 Loaded Nachos Baked Beans Fruit Milk	27 Chicken Patty Sandwich Caesar Salad Fruit Milk	28 Homemade Meatloaf Dinner Roll French Fries Fruit Milk	Come join our Team! Holidays, Weekends and Summers off! For more info call: Andrea Seasack (814) 505-1512



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

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