



HIGH SCHOOL



OCTOBER

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Entrée Assorted Bread Slice	Breakfast Entrée Grab N Go Maple Waffle	Breakfast Entrée Assorted Benefit Bars	Breakfast Entrée Pizza Bagel	Breakfast Entrée Sausage, Egg Biscuit

Choose 2 of the following Daily Breakfast Alternatives

Assorted Cereal, Mini Loaves, Assorted WG Muffin, Yogurt (limit 1), Cheese Stick, WG crackers, Poptart (limit 1)

MAIN ENTRÉE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/3/2022	10/4/2022	10/5/2022	10/6/2022	10/7/2022
Mini Corn Dog Nuggets (6) with Cheese & WG Roll OR Daily alternative Vegetable of the day French Fries Fresh Vegetable Choice Assorted Fruit Choice of Milk	Popcorn Chicken Bowl w/ Mashed Potatoes & Gravy OR Daily alternative Vegetable of the day Corn Fresh Vegetable Choice Assorted Fruit Choice of Milk	Ram Griddle Sausage, Egg & Cheese on Pancake OR Daily alternative Vegetable of the day Hashbrown Fresh Vegetable Choice Assorted Fruit Choice of Milk	General Tso Chicken w/ WG Rice OR Daily alternative Vegetable of the day Oriental Veggies Fresh Vegetable Choice Assorted Fruit Choice of Milk	Calzone w/ Marinara OR Daily alternative Vegetable of the day Steamed Carrots Fresh Vegetable Choice Assorted Fruit Choice of Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/10/2022	10/11/2022	10/12/2022	10/13/2022	10/14/2022
Veggie Lasagna w/ Garlic Knots OR Daily alternative Vegetable of the day Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Reg or Spicy Chicken Patty on WG Bun OR Daily alternative Vegetable of the day Steamed Green Beans Fresh Vegetable Choice Assorted Fruit Choice of Milk	French Toast Sticks w/ Sausage Patty OR Daily alternative Vegetable of the day Hashbrown Fresh Vegetable Choice Assorted Fruit Choice of Milk	Nachos Grande OR Daily alternative Vegetable of the day Corn Fresh Vegetable Choice Assorted Fruit Choice of Milk	Buffalo Chicken Pizza OR Daily alternative Vegetable of the day Steamed Carrots Fresh Vegetable Choice Assorted Fruit Choice of Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/17/2022	10/18/2022	10/19/2022	10/20/2022	10/21/2022
Macaroni & Cheese OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	BBQ Chicken w/ WG Roll OR Daily alternative Vegetable of the day Baked Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	Baked Potato Bar Choice of taco meat, cheese sauce, broccoli OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choices Assorted Fruit Choice of Milk	Orange Chicken w/ Rice OR Daily alternative Vegetable of the day Oriental Veggies Fresh Vegetable Choices Assorted Fruit Choice of Milk	French Bread Pizza (WG) OR Daily alternative Vegetable of the day Steamed Cauliflower Fresh Vegetable Choices Assorted Fruit Choice of Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/24/2022	10/25/2022	10/26/2022	10/27/2022	10/28/2022
Ravioli Bake w/ Garlic Knots OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Hot Italian Hoagie OR Daily alternative Vegetable of the day Steamed Green Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	Cowboy Burger (cheeseburger w/ onion rings) on WG Bun OR Daily alternative Vegetable of the day French Fries Fresh Vegetable Choices Assorted Fruit Choice of Milk	Walking Taco OR Daily alternative Vegetable of the day Black Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	Pizza Sticks w/ Marinara OR Daily alternative Vegetable of the day Steamed Cauliflower Fresh Vegetable Choices Assorted Fruit Choice of Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/31/2022	11/1/2022	11/2/2022	11/3/2022	11/4/2022
Chicken Alfredo w/ Garlic Knots OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Buffalo Chicken Flatbread OR Daily alternative Vegetable of the day Steamed Green Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	Hot Ham & Cheese on Pretze Bun OR Daily alternative Vegetable of the day French Fries Fresh Vegetable Choices Assorted Fruit Choice of Milk	Chicken Soft Tacos (2) w/ Cheddar Cheese OR Daily alternative Vegetable of the day Black Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	Fiestada Pizza OR Daily alternative Vegetable of the day Steamed Cauliflower Fresh Vegetable Choices Assorted Fruit Choice of Milk

Daily Breakfast consist of 1 Main Entrée with fruit and/or Juice and milk OR Daily Breakfast Alternative *Choose 2* WITH 1/2 C fruit and/or Juice and milk to make a complete meal



DAILY LUNCH ALTERNATIVES

Chef or Vegetable Salad
Pizza- Pepperoni or Cheese
M-W-F Deli Sandwich
Ham or Turkey & Cheese
T-Th Smuckers Peanut Butter & Jelly or Wow butter

YOGURT PARFAITS W/ CHEESE STICK & GRANOLA



What is a Meal? Students must choose at least 3/5 components available. A minimum of 1/2 cup serving of fruit AND/OR a minimum of 1/2 cup of vegetable must accompany a reimbursable lunch.

Meat or Meat alternative
Grain/Bread
Choice of Vegetable
Choice of Fruit
Choice of Milk: 1% white, FF white, FF chocolate, FF vanilla

**STUDENTS MAY TAKE UP TO 1 CUP FRUIT AND 1 CUP VEGETABLE BUT MUST CHOOSE MINIMALLY 1/2 CUP OF FRUIT OR VEGETABLE

Weekly Vegetable Subgroups May Include:
Dark Green: Spinach, broccoli, romaine, and spring salad
Red/Orange: Carrots, Sweet Potatoes, tomatoes and red peppers
Legumes: Beans
Starchy: Potatoes, corn, peas, lima beans
Other Vegetables: Celery, Cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

ALA CARTE PRICE FOR MILK \$.65 (A STUDENT CAN TAKE A MILK FOR FREE IF ACCOMPANIED BY 2 OTHER COMPONENTS AND 1 BEING AT LEAST A 1/2 C FRUIT OR VEGETABLE

FULL AND PART TIME CAFETERIA POSITIONS ARE CURRENTLY AVAILABLE! SEE WEBSITE OR CONTACT THE FOOD SERVICE DEPARTMENT FOR DETAILS 724-222-2600 X1 4189

Menu Subject to Change

Food Service Director: swaffensmith@goldensmans.com

Adult Pricing: Breakfast- \$2.07 Lunch- \$4.02 Students: FREE BREAKFAST & FREE LUNCH

This institution is an equal opportunity provider and employer.