



HIGH SCHOOL



MARCH/APRIL

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Entrée	Breakfast Entrée	Breakfast Entrée	Breakfast Entrée	Breakfast Entrée
Chocolate Chip French Toast	Choice of Breakfast Donuts (WG)	Assorted Breadslice	Breakfast Pizza	Assorted Benefit Bars

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
3/25/2024	3/26/2024	3/27/2024	3/28/2024	3/29/2024
Mini Corn Dog Nuggets (6) & WG Roll OR Daily alternative Vegetable of the day French Fries Fresh Vegetable Choice Assorted Fruit Choice of Milk	Chicken Sticks w/ WG Roll OR Daily alternative Vegetable of the day Steamed Green Beans Fresh Vegetable Choice Assorted Fruit Choice of Milk			

4/1/2024	4/2/2024	4/3/2024	4/4/2024	4/5/2024
	Spicy or Reg Chicken Patty on WG Bun OR Daily alternative Vegetable of the day French Fries Fresh Vegetable Choice Assorted Fruit Choice of Milk	Hot Ham & Cheese on WG Pretzel Bun OR Daily alternative Vegetable of the day Steamed Green Beans Fresh Vegetable Choice Assorted Fruit Choice of Milk	Lunch lady Scholarship Winning Wedding Soup w/ Garlic Knots OR Daily alternative Vegetable of the day Tossed Romaine Salad Fresh Vegetable Choice Assorted Fruit Choice of Milk	Assorted Pizza Slice Chef's Choice OR Daily alternative Vegetable of the day Steamed Carrots Fresh Vegetable Choice Assorted Fruit Choice of Milk

4/8/2024	4/9/2024	4/10/2024	4/11/2024	4/12/2024
House Made Mac & Cheese OR Daily alternative Vegetable of the day Steamed Green Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	Sloppy Joe on WG Hoagie Bun OR Daily alternative Vegetable of the day Tater tots Fresh Vegetable Choice Assorted Fruit Choice of Milk		Orange Chicken w/ Fried Rice OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choices Assorted Fruit Choice of Milk	Bosco Sticks (2) WG w/ Marinara OR Daily alternative Vegetable of the day Steamed Cauliflower Fresh Vegetable Choices Assorted Fruit Choice of Milk

4/15/2024	4/16/2024	4/17/2024	4/18/2024	4/19/2024
Ravioli Bake w/ Garlic Knots OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Boneless Wings (WG) w/ Choice of Sauce & Breadsticks OR Daily alternative Vegetable of the day French Fries Fresh Vegetable Choice Assorted Fruit Choice of Milk	Cheeseburger on WG Bun OR Daily alternative Vegetable of the day Steamed Green Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	Barbacoa Beef or Chicken Soft Taco (2) w/ Cilantro Rice OR Daily alternative Vegetable of the day House made Mango Salsa Fresh Vegetable Choices Assorted Fruit Choice of Milk	Pizza Sticks (WG) w/ Marinara OR Daily alternative Vegetable of the day Steamed Cauliflower Fresh Vegetable Choices Assorted Fruit Choice of Milk

4/22/2024	4/23/2024	4/24/2024	4/25/2024	4/26/2024
Creamy Buffalo Chicken Pasta w/ WG Roll OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Grilled BBQ Chicken Sandwich on WG OR Daily alternative Vegetable of the day French Fries Fresh Vegetable Choices Assorted Fruit Choice of Milk	Rib Sandwich on WG Hoagie Bun OR Daily alternative Vegetable of the day Baked Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	General Tso Chicken w/ Fried Rice OR Daily alternative Vegetable of the day Oriental Veggies Fresh Vegetable Choices Assorted Fruit Choice of Milk	Pizza Cruncher w/ Marinara 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

Grilled Chicken Strawberry Spinach Salad w/ Balsamic or Vegetable Salad w/ Roll
Pizza- Pepperoni or Cheese
M-W Italian Wrap
T-Th Smuckers Peanut Butter & Jelly or Wow butter

HUMMUS W/ WG PITA



What is a Meal? OFFER VS SERVE
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 beans, cabbage and green peppers

ALA CARTE PRICE FOR MILK \$.60 (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)

PART TIME CAFETERIA POSITIONS ARE CURRENTLY AVAILABLE! SEE WEBSITE OR CONTACT THE FOOD SERVICE DEPARTMENT FOR DETAILS
724-226-2400 xt. 4180

Menu Subject to Change

Food Service Director: swaffensmith@goldenrams.com

This institution is an equal opportunity provider and employer

Adult Pricing: Breakfast- \$2.36 Lunch- \$4.73 Students: FREE BREAKFAST & FREE LUNCH