



PRE-K



OCTOBER

MAIN ENTRÉE

|   |   |  |  |  |
|---|---|--|--|--|
| 10/3/2022<br>Corn Dog Nuggets (6)<br>w/ WG Roll<br>OR Daily alternative<br>Vegetable of the day<br>Tater Tots<br>Assorted Fruit<br>1% White Milk                                  | 10/4/2022<br>Popcorn Chicken<br>w/ WG Roll<br>OR Daily alternative<br>Vegetable of the day<br>Corn<br>Assorted Fruit<br>1% White Milk                           | 10/5/2022<br>Chicken Nuggets<br>w/ WG Roll<br>OR Daily alternative<br>Vegetable of the day<br>Steamed Peas<br>1/2 C Chilled Peaches<br>1% White Milk                       | 10/6/2022<br>General Tso Chicken<br>WG Rice<br>OR Daily alternative<br>Vegetable of the day<br>Oriental Veggies<br>1/2 C Apple Slices<br>1% White Milk         | 10/7/2022<br>French Bread Pizza (WG)<br><br>OR Daily alternative<br>Vegetable of the day<br>Steamed Carrots<br>1/2 C Juice<br>1% White Milk      |
| 10/10/2022<br>Stuffed Cheese Cannelloni Bake<br>w/ WG Roll<br>OR Daily alternative<br>Vegetable of the day<br>Broccoli<br>Assorted Fruit<br>1% White Milk                         | 10/11/2022<br>Reg Chicken Patty<br>on WG Bun<br>OR Daily alternative<br>Vegetable of the day<br>Steamed Green Beans<br>1/2 C Chilled Pears<br>1% White Milk     | 10/12/2022<br>French Toast Sticks (2)<br>w/ Sausage Patty (1)<br>OR Daily alternative<br>Vegetable of the day<br>Hashbrown<br>1/2 C Cinnamon Apple Slices<br>1% White Milk | 10/13/2022<br>Nachos w/ Meat & Cheese<br><br>OR Daily alternative<br>Vegetable of the day<br>Corn<br>1/2 C Orange Wedge<br>1% White Milk                       | 10/14/2022<br>Big Daddy Pizza Slice<br><br>OR Daily alternative<br>Vegetable of the day<br>Steamed Carrots<br>1/2 C Juice<br>1% White Milk       |
| 10/17/2022<br>WG Macaroni & Cheese<br>w/ Pretzel Stick<br>OR Daily alternative<br>Vegetable of the day<br>Steamed Green Beans<br>1/2 C Chilled Pineapple<br>1% White Milk         | 10/18/2022<br>Chicken Nuggets<br>w/ WG Roll<br>OR Daily alternative<br>Vegetable of the day<br>Baked Beans<br>1/2 C Chilled Pears<br>1% White Milk              | 10/19/2022<br>Pierogies<br>w/ WG Roll<br>OR Daily alternative<br>Vegetable of the day<br>Baked Potato Bar<br>1/2 C Cinnamon Apple Slices<br>1% White Milk                  | 10/20/2022<br>Chicken Quesadilla<br><br>OR Daily alternative<br>Vegetable of the day<br>Black Beans<br>1/2 C Orange Wedge<br>1% White Milk                     | 10/21/2022<br>Stuffed Crust Pizza<br><br>OR Daily alternative<br>Vegetable of the day<br>Steamed Cauliflower<br>1/2 C Juice<br>1% White Milk     |
| 10/24/2022<br>Cheese Ravioli w/ Marinara<br>w/ Garlic Knots<br>OR Daily alternative<br>Vegetable of the day<br>Steamed Broccoli<br>1/2 C Chilled Madarin Oranges<br>1% White Milk | 10/25/2022<br>Hot Italian Hoagie<br><br>OR Daily alternative<br>Vegetable of the day<br>Steamed Green Beans<br>1/2 C Fresh Fruit<br>1% White Milk               | 10/26/2022<br>Cheeseburger<br>on WG Bun<br>OR Daily alternative<br>Vegetable of the day<br>French Fries<br>1/2 C Cinnamon Apple Slices<br>1% White Milk                    | 10/27/2022<br>Walking Taco<br><br>OR Daily alternative<br>Vegetable of the day<br>Black Beans<br>1/2 C Orange Wedge<br>1% White Milk                           | 10/28/2022<br>Pizza Sticks<br>w/ Marinara<br>OR Daily alternative<br>Vegetable of the day<br>Steamed Cauliflower<br>1/2 C Juice<br>1% White Milk |
| 10/31/2022<br>Chicken Alfredo (1/2 C)<br>w/ Breadstick<br>OR Daily alternative<br>Vegetable of the day<br>Steamed Broccoli<br>1/2 C Juice<br>1% White Milk                        | 11/1/2022<br>Grilled Chicken Sandwich<br>on WG Bun<br>OR Daily alternative<br>Vegetable of the day<br>Steamed Green Beans<br>1/2 C Fruit Salad<br>1% White Milk | 11/2/2022<br>Hot Ham & Cheese on<br>WG Pretzel Bun<br>OR Daily alternative<br>Vegetable of the day<br>French Fries<br>1/2 C Cinnamon Apple Slices<br>1% White Milk         | 11/3/2022<br>Chicken Soft Tacos (2)<br>w/ Cheddar Cheese<br>OR Daily alternative<br>Vegetable of the day<br>Black Beans<br>1/2 C Orange Wedge<br>1% White Milk | 11/4/2022<br>Fiesta Pizza<br><br>OR Daily alternative<br>Vegetable of the day<br>Steamed Cauliflower<br>1/2 C Juice<br>1% White Milk             |

DAILY ALTERNATIVES

MONDAY- TURKEY & CHEESE SANDWICH  
 TUESDAY- WOW BUTTER OR PEANUT BUTTER & JELLY  
 WEDNESDAY- HAM & CHEESE SANDWICH  
 THURSDAY- WOW BUTTER OR PEANUT BUTTER & JELLY  
 FRIDAY- TURKEY & CHEESE SANDWICH



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

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

PRE-K STUDENTS ARE SERVE ALL, EACH STUDENT MUST TAKE ALL OPTIONS AVAILABLE TO +A1:J59MAKE A FULL REIMBURSABLE MEAL.

GRADES 1-4 OFFER VS SERVE, STUDENTS MUST TAKE 3/5 OPTIONS AND ONE SHOULD BE AT LEAST 1/2 CUP FRUIT OR VEGETABLE

Food Service Director: [swaffensmith@goldenrams.com](mailto:swaffensmith@goldenrams.com)

This institution is an equal opportunity provider and employer

Menu subject to change. Adult Lunch Price \$4.02 Studen Lunch Price: FREE