



LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Nutrients
<p>All lunches include: <i>Protein, Fruit, Vegetable, Grain, 1% White Milk or Fat Free Chocolate Milk</i></p> 	<p><i>Lunches provided by:</i> Getaway Café 3049 Sussex Ave @ McNeilly Rd 412-343-1333 Director of Dining Services: Louis Manolios</p>	<p>1</p> <p>No School</p>	<p>2</p> <p>Hot Turkey & Stuffing, Gravy on side, Green Beans, Fresh Fruit ALT: Potato & Cheese Pierogis, Sliced Green Peppers, Fresh Fruit</p>	<p>3</p> <p>Chicken Sandwich, Mac & Cheese, Grape Tomatoes & Cucumbers, Fresh Fruit ALT: Pizza Crunchers, Tomato & Cucumbers, Fresh Fruit</p>	<p>Calories: 2536/alt 2549 Total Fat: 180/alt 244 Carbs: 328.5/alt 311.5 Protein: 125/alt 130 Calcium: 147%/alt 215% Iron: 86%/alt 78% Vitamin A: 120%/alt 143% Vitamin C: 109%/alt 165%</p>
<p>6</p> <p>Meatloaf & Gravy, Mashed Potatoes, Fresh Broccoli, Fresh Fruit ALT: Cheese Filled Bread Sticks w/Marinara Dipping Sauce, Fresh Broccoli, Fresh Fruit</p>	<p>7</p> <p>French Toast Sticks, Sausage Patty, Maple Syrup, Carrot Sticks, Fresh Fruit ALT: French Toast Sticks. Maple Syrup, Strawberry Banana Yogurt, Carrot Sticks, Fresh Fruit</p>	<p>8</p> <p>Baked Chicken Nuggets, Tater Tots, Corn, Fresh Fruit ATL: Hummus & Pita Bread Vegetarian Grape Leaves Grape Tomatoes, Fresh Fruit</p>	<p>9</p> <p>Beef Hot Dog on WG Bun, Vegetarian Baked Beans, Fresh Fruit ALT: Potato & Cheese Pierogis Vegetarian Baked Beans, Fresh Fruit</p>	<p>10</p> <p>Beefaroni , Romaine w/Light Italian Dressing, Tomato & Green Peppers, Fresh Fruit ALT: Pizza Crunchers, Grape Tomatoes & Green Peppers, Fresh Fruit</p>	<p>Calories: 3238/alt 3093 Total Fat: 202/alt 260.5 Carbs: 414.5/alt 385.5 Protein: 190/alt 157 Calcium: 188%/alt 286% Iron: 95%/alt 89% Vitamin A: 139%/alt 164% Vitamin C: 279%/alt 274%</p>
<p>13</p> <p>Penne Marinara & Meatball, Fresh Broccoli, Fresh Fruit ALT: Deep Dish Cheese Pizza, Fresh Broccoli, Fresh Fruit</p>	<p>14</p> <p>Pancakes, Sausage Patty, Maple Syrup, Carrot Sticks, Fresh Fruit ALT: Pancakes. Maple Syrup, Strawberry Banana Yogurt, Carrot Sticks, Fresh Fruit</p>	<p>15</p> <p>Baked Chicken Nuggets, Tater Tots, Corn, Fresh fruit ALT: Potato & Cheese Pierogis Corn, Fresh Fruit</p>	<p>16</p> <p>Hamburger on WG Bun Vegetarian Baked Beans, Romaine w/Light Italian Dressing, Fresh Fruit ALT: Cheese Ravioli w/Marinara , Strawberry Banana Yogurt, Romaine w/Light Italian Dressing, Fresh Fruit</p>	<p>17</p> <p>Beef over Noodles, Romaine w/Light Italian Dressing, Tomato & Green Peppers, Fresh Fruit ALT: Pizza Crunchers, Tomato & Green Peppers, Fresh Fruit</p>	<p>Calories: 3144.5/alt 3143 Total Fat: 264/alt 329.5 Carbs: 375/alt 352.5 Protein: 148/alt 151 Calcium: 202%/alt 276% Iron: 118%/alt 112% Vitamin A: 146%/alt 175% Vitamin C: 34%/alt 375%</p>
<p>20</p> <p>No School</p>	<p>21</p> <p>French Toast Sticks, Sausage Patty, Maple Syrup, Carrot Sticks, Fresh Fruit ALT: French Toast Sticks. Maple Syrup, Strawberry Banana Yogurt, Carrot Sticks, Fresh Fruit</p>	<p>22</p> <p>Baked Chicken Nuggets, Tater Tots, Corn, Fresh Fruit ALT: Hummus & Pita Bread Vegetarian Grape Leaves Grape Tomatoes, Fresh Fruit</p>	<p>23</p> <p>Hot Turkey & Stuffing, Gravy on side, Green Beans, Fresh Fruit ALT: Potato & Cheese Pierogis, Sliced Green Peppers, Fresh Fruit</p>	<p>24</p> <p>Chicken Sandwich, Mac & Cheese, Grape Tomatoes & Cucumbers, Fresh Fruit ALT: Pizza Crunchers, Tomato & Cucumbers, Fresh Fruit</p>	<p>Calories: 2536/alt 2549 Total Fat: 180/alt 244 Carbs: 328.5/alt 311.5 Protein: 125/alt 130 Calcium: 147%/alt 215% Iron: 86%/alt 78% Vitamin A: 120%/alt 143% Vitamin C: 109%/alt 165%</p>
<p>27</p> <p>Penne Marinara & Meatball, Fresh Broccoli, Fresh Fruit ALT: Deep Dish Cheese Pizza, Fresh Broccoli, Fresh Fruit</p>	<p>28</p> <p>Pancakes, Sausage Patty, Maple Syrup, Carrot Sticks, Fresh Fruit ALT: Pancakes. Maple Syrup, Strawberry Banana Yogurt, Carrot Sticks, Fresh Fruit</p>	<p>29</p> <p>Baked Chicken Nuggets, Tater Tots, Corn, Fresh fruit ALT: Potato & Cheese Pierogis Corn, Fresh Fruit</p>	<p>30</p> <p>Hamburger on WG Bun Vegetarian Baked Beans, Fresh Fruit ALT: Cheese Ravioli w/Marinara , Strawberry Banana Yogurt, Romaine w/Light Italian Dressing, Fresh Fruit</p>	<p>31</p> <p>Beef over Noodles, Romaine w/Light Italian Dressing, Tomato & Green Peppers, Fresh Fruit ALT: Pizza Crunchers, Tomato & Green Peppers, Fresh Fruit</p>	<p>Calories: 3144.5/alt 3143 Total Fat: 264/alt 329.5 Carbs: 375/alt 352.5 Protein: 148/alt 151 Calcium: 202%/alt 276% Iron: 118%/alt 112% Vitamin A: 146%/alt 175% Vitamin C: 34%/alt 375%</p>