



LUNCH

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| <p>3 Penne Marinara & Meatball, WG Bread, Fresh Broccoli, Fresh Fruit ALT: Deep Dish Cheese Pizza, Fresh Broccoli, Fresh Fruit</p> | <p>4 Pancakes, Scrambled Eggs, Maple Syrup, Cucumber Slices, Fresh Fruit ALT: Pancakes. Maple Syrup, Strawberry Banana Yogurt, String Cheese, Cucumber Slices, Fresh Fruit</p> | <p>5 Baked Chicken Nuggets, Tater Tots, Corn, Graham Crackers, Fresh fruit ALT: Potato & Cheese Pierogis Corn, Fresh Fruit</p> | <p>6 Hot Turkey & Stuffing, Gravy on side, Green Beans, Fresh Fruit ALT: Potato & Cheese Pierogis, Sliced Green Peppers, Fresh Fruit</p> | <p>7 Chicken Sandwich, Mac & Cheese, Grape Tomatoes & Cucumbers, Fresh Fruit ALT: Pizza Crunchers, Tomato & Cucumbers, Fresh Fruit</p> |
| <p>10 Meatloaf & Gravy, Mashed Potatoes, Fresh Broccoli, WG Bread, Fresh Fruit ALT: Cheese Filled Bread Sticks w/Marinara Dipping Sauce, Fresh Broccoli, Fresh Fruit</p> | <p>11 French Toast Sticks, Scrambled Eggs, Maple Syrup, Cucumbers Slices, Fresh Fruit ALT: French Toast Sticks. Maple Syrup, Strawberry Banana Yogurt, String Cheese, Cucumber Slices, Fresh Fruit</p> | <p>12 Baked Chicken Nuggets, Tater Tots, Corn, Graham Crackers, Fresh Fruit ATL: Hummus & Pita Bread Vegetarian Grape Leaves Corn, Fresh Fruit</p> | <p>13 Beef Hot Dog on WG Bun, Vegetarian Baked Beans, Fresh Fruit ALT: Potato & Cheese Pierogis Vegetarian Baked Beans, Fresh Fruit</p> | <p>14 Beefaroni, WG Bread, Romaine w/Light Italian Dressing, Tomato & Green Peppers, Fresh Fruit ALT: Pizza Crunchers, Romaine w/Light Italian Dressing, Tomato & Green Peppers, Fresh Fruit</p> |
| <p>17 Penne Marinara & Meatball, WG Bread, Fresh Broccoli, Fresh Fruit ALT: Deep Dish Cheese Pizza, Fresh Broccoli, Fresh Fruit</p> | <p>18 Pancakes, Scrambled Eggs, Maple Syrup, Cucumber Slices, Fresh Fruit ALT: Pancakes. Maple Syrup, Strawberry Banana Yogurt, String Cheese, Cucumber Slices, Fresh Fruit</p> | <p>19 Baked Chicken Nuggets, Tater Tots, Corn, Graham Crackers, Fresh fruit ALT: Potato & Cheese Pierogis Corn, Fresh Fruit</p> | <p>20 Hamburger on WG Bun Vegetarian Baked Beans, Fresh Fruit ALT: Cheese Ravioli w/Marinara , Strawberry Banana Yogurt, Spring Mix w/Light Italian Dressing, Fresh Fruit</p> | <p>21 Beef over Noodles, Romaine w/Light Italian Dressing, Tomato & Green Peppers, WG Bread, Fresh Fruit ALT: Pizza Crunchers, Romaine w/Light Italian Dressing, Tomato & Green Peppers, Fresh Fruit</p> |
| <p>24 Meatloaf & Gravy, Mashed Potatoes, Fresh Broccoli, WG Bread, Fresh Fruit ALT: Cheese Filled Bread Sticks w/Marinara Dipping Sauce, Fresh Broccoli, Fresh Fruit</p> | <p>25 French Toast Sticks, Scrambled Eggs, Maple Syrup, Cucumbers Slices, Fresh Fruit ALT: French Toast Sticks. Maple Syrup, Strawberry Banana Yogurt, String Cheese, Cucumber Slices, Fresh Fruit</p> | <p>26 Baked Chicken Nuggets, Tater Tots, Corn, Graham Crackers, Fresh Fruit ALT: Hummus & Pita Bread Vegetarian Grape Leaves Corn, Fresh Fruit</p> | <p>27 Hot Turkey & Stuffing, Gravy on side, Green Beans, Fresh Fruit ALT: Potato & Cheese Pierogis, Sliced Green Peppers, Fresh Fruit</p> | <p>28 Chicken Sandwich, Mac & Cheese, Grape Tomatoes & Cucumbers, Fresh Fruit ALT: Pizza Crunchers, Romaine w/Light Italian Dressing, Tomato & Green Peppers, Fresh Fruit</p> |
| <p>31 Penne Marinara & Meatball, WG Bread, Fresh Broccoli, Fresh Fruit ALT: Deep Dish Cheese Pizza, Fresh Broccoli, Fresh Fruit</p> | | | <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 412-343-1333 Director of Dining Services: Louis Manolios</p> |