

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Lunches provided by:</i> Getaway Café 3049 Sussex Ave @ McNeilly 412-343-1333 Director of Dining Services: Louis Manolios</p>	<p>All lunches include: <i>Protein, Fruit, Vegetable, Grain, 1% White Milk or Fat Free Chocolate Milk</i></p>		<p>1 Beef Hot Dog 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>2 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, Fruit</p>
<p>5 Meatloaf & Gravy, Mashed Potatoes, Broccoli, WG Bread, Fresh Fruit ALT: Cheese Filled Bread Sticks w/Marinara Dipping Sauce, Broccoli, Fresh Fruit</p>	<p>6 French Toast Sticks, Scrambled Eggs, Maple Syrup, Fresh Baby Carrots, Fresh Fruit ALT: French Toast Sticks. Maple Syrup, Strawberry Banana Yogurt, Peas, Fresh Baby Carrots, Fresh Fruit</p>	<p>7 Baked Chicken Nuggets, Tater Tots, Corn, Graham Crackers, Fresh Fruit ATL: Hummus & Pita Bread Vegetarian Grape Leaves Corn, Fresh Fruit</p>	<p>8 Hamburger on WG Bun Vegetarian Baked Beans, Romaine w/Light Italian Dressing, Fresh Fruit ALT: Potato & Cheese Pierogis Vegetarian Baked Beans, Fresh Fruit</p>	<p>9 Chicken Sandwich, Mac & Cheese, Grape Tomatoes & Cucumbers, Fresh Fruit ALT: Pizza Crunchers, Tomato & Cucumbers, Fresh Fruit</p>
<p>12 Penne Marinara & Meatball, WG Bread, Fresh Broccoli, Fresh Fruit ALT: Deep Dish Cheese Pizza, Fresh Broccoli, Fresh Fruit</p>	<p>13 Pancakes, Scrambled Eggs, Maple Syrup, Cucumber Slices, Fresh Fruit ALT: Pancakes. Maple Syrup, Strawberry Banana Yogurt, Peas, Cucumber Slices, Fresh Fruit</p>	<p>14 Baked Chicken Nuggets, Tater Tots, Corn, Graham Crackers, Fresh fruit ALT: Potato & Cheese Pierogis Corn, Fresh Fruit</p>	<p>15 Hot Turkey & Stuffing, Gravy on side, Green Beans, Fresh Fruit ALT: Cheese Ravioli w/Marinara, Strawberry Banana Yogurt, Spring Mix w/Light Italian Dressing, Fresh Fruit</p>	<p>16 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>19 Meatloaf & Gravy, Mashed Potatoes, Broccoli, WG Bread, Fresh Fruit ALT: Cheese Filled Bread Sticks w/Marinara Dipping Sauce, Broccoli, Fresh Fruit</p>	<p>20 French Toast Sticks, Scrambled Eggs, Maple Syrup, Fresh Baby Carrots, Fresh Fruit ALT: French Toast Sticks. Maple Syrup, Strawberry Banana Yogurt, Peas, Fresh Baby Carrots, Fresh Fruit</p>	<p>21 Baked Chicken Nuggets, Tater Tots, Corn, Graham Crackers, Fresh Fruit ALT: Hummus & Pita Bread Vegetarian Grape Leaves Corn, Fresh Fruit</p>	<p>22 Beef Hot Dog on WG Bun, Vegetarian Baked Beans, Fresh Fruit ALT: Potato & Cheese Pierogis Vegetarian Baked Beans, Fresh Fruit</p>	<p>23 No Lunch</p>
<p>26 No School</p>	<p>27 Pancakes, Scrambled Eggs, Maple Syrup, Cucumber Slices, Fresh Fruit ALT: Pancakes. Maple Syrup, Strawberry Banana Yogurt, Peas, Cucumber Slices, Fresh Fruit</p>	<p>28 Baked Chicken Nuggets, Tater Tots, Corn, Graham Crackers, Fresh fruit ALT: Potato & Cheese Pierogis Corn, Fresh Fruit</p>	<p>29 Hamburger on WG Bun Vegetarian Baked Beans, Romaine w/Light Italian Dressing, Fresh Fruit ALT: Cheese Ravioli w/Marinara, Strawberry Banana Yogurt, Spring Mix w/Light Italian Dressing, Fresh Fruit</p>	<p>30 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>