



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>8-28 Baked Chicken Nuggets, Tater Tots, Corn, Fresh Fruit ATL: Grilled Cheese /WG Bread, Tater Tots, Corn, Fresh Fruit</p>	<p>8-29 Hamburger on WG Bun Vegetarian Baked Beans, Mixed Greens w/Light Italian Dressing, Fresh Fruit ALT: Potato & Cheese Pierogis Vegetarian Baked Beans, Mixed Greens Salad w/Light Italian Dressing, Fresh Fruit</p>	<p>8-30 Chicken Tenders with WG Bun, Mac & Cheese, Grape Tomatoes & Cucumbers, Fresh Fruit ALT: Cheese Pizza , Romaine w/ Light Italian, Tomato & Cucumbers, Fresh Fruit</p>	<p>Calories: 2016/alt 1971 Total Fat: 312/alt 187.5 Carbs: 241.5/alt 239.5 Protein: 85/alt 99 Calcium: 86%/alt 178% Iron: 75%/alt 66% Vitamin A: 84%/alt 87% Vitamin C: 89%/alt 143%</p>
<p>2 No School Labor Day</p> 	<p>3 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>4 Baked Chicken Nuggets, Tater Tots, Corn, Fresh Fruit ATL: Cheese Filled Bread Sticks w/Marinara Dipping Sauce, Corn, Fresh Fruit</p>	<p>5 Beef Hot Dog on WG Bun, Vegetarian Baked Beans, Mixed Greens w/Light Italian Dressing, Fresh Fruit ALT: Cheese Ravioli, Strawberry Banana Yogurt, Mixed Greens w/Light Italian Dressing, Fresh Fruit</p>	<p>6 Beefaroni , Romaine w/Light Italian Dressing, Tomato & Green Peppers, Fresh Fruit ALT: Cheese Pizza, Romaine w/Light Italian, Tomato & 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>9/30 Penne Marinara & Meatball, Carrot Sticks, Fresh Fruit ALT: Penne Marinara, Garbanzo Beans, Fresh Broccoli, Fresh Fruit</p>	<p>10 Pancakes, Sausage Patty, Maple Syrup, Carrot Sticks, Fresh Fruit ALT: Pancakes,. Maple Syrup, Strawberry Banana Yogurt, Carrot Sticks, Fresh Fruit</p>	<p>11 Baked Chicken Nuggets, Tater Tots, Corn, Fresh fruit ALT: Hummus & Pita Bread Vegetarian Grape Leaves Grape Tomatoes, Fresh Fruit</p>	<p>12 Cold Turkey & Amer Cheese on WG Bun, Veggie Baked Beans, Mixed Greens w/Lt Italian Dressing, Fresh Fruit ALT: Potato & Cheese Pierogis, Vegetarian Baked Beans, Mixed Greens Salad w/Light Italian Dressing, Fresh Fruit</p>	<p>13 Beef over Noodles, 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>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>16 Meatloaf & Gravy , Mashed Potatoes, Fresh Broccoli, Fresh Fruit ALT: Cheese Filled Bread Sticks w/Marinara Dipping Sauce, Fresh Broccoli, Grape Tomatoes & Cucumbers Fresh Fruit</p>	<p>17 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>18 Baked Chicken Nuggets, Tater Tots, Corn, Fresh Fruit ALT: Grilled Cheese /WG Bread, Tater Tots, Corn, Fresh Fruit</p>	<p>19 Hamburger on WG Bun Vegetarian Baked Beans, Mixed Green Salad w/Light Italian Dressing, Fresh Fruit ALT: Cheese Ravioli, Strawberry Banana Yogurt, Mixed Greens w/Light Italian Dressing, Fresh Fruit</p>	<p>20 Chicken Tenders with WG Bun, Mac & Cheese, Grape Tomatoes & Green Peppers, Fresh Fruit ALT: Cheese Pizza , Romaine w/Light Italian, Tomato & Green Peppers, 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>23 Fish Bites, Mac & Cheese, Fresh Broccoli, Fresh Fruit ALT: Mac & Cheese, Yogurt, Fresh Broccoli, Fresh fruit</p>	<p>24 Pancakes, Sausage Patty, Maple Syrup, Carrot Sticks, Fresh Fruit ALT: Pancakes. Maple Syrup, Strawberry Banana Yogurt, Carrot Sticks, Fresh Fruit</p>	<p>25 Baked Chicken Nuggets, Tater Tots, Green Beans, Fresh Fruit ATL: Cheese Filled Bread Sticks w/Marinara Dipping Sauce, Tater Tots, Corn, Fresh Fruit</p>	<p>26 Beef Hot Dog on WW Bun, Vegetarian Baked Beans, Mixed Greens Salad w Light Italian Dressing, Fresh Fruit ALT: Potato & Cheese Pierogis Vegetarian Baked Beans, Mixed Greens Salad w/Light Italian Dressing, Fresh Fruit</p>	<p>27 Beefaroni, Romaine w/Light Italian Dressing, Tomato & Green Peppers, Fresh Fruit ALT: Cheese Pizza, Romaine w/Light Italian, Tomato & Green Peppers, Fresh Fruit</p>	<p>Lunches provided by: Getaway Café 3049 Sussex Ave @ McNeilly Rd 412-343-1333 Director of Dining Services: Louis Manolios</p>

BREAKFAST MENU

Monday's	Tuesday's	Wednesday's	Thursday's	Friday's
Breakfast includes: <i>Grains, Apple or Orange Juice, 1% White Milk or Fat Free Chocolate Milk</i>				
Frosted Flakes Cereal, Graham Crackers Orange Juice 1% White Milk	Breakfast Bar String Cheese, Apple Juice Choice of Milk	Apple Cinnamon Cheerios, Graham Crackers Orange Juice 1% White Milk	Breakfast Bar Strawberry Yogurt Apple Juice Choice of Milk	Fruit Loops Cereal, Graham Crackers Apple Juice 1% White Milk
Frosted Flakes Cereal, Graham Crackers Orange Juice 1% White Milk	Breakfast Bar String Cheese, Apple Juice Choice of Milk	Apple Cinnamon Cheerios, Graham Crackers Orange Juice 1% White Milk	Breakfast Bar Strawberry Yogurt Apple Juice Choice of Milk	Fruit Loops Cereal, Graham Crackers Apple Juice 1% White Milk
Frosted Flakes Cereal, Graham Crackers Orange Juice 1% White Milk	Breakfast Bar, String Cheese, Apple Juice Choice of Milk	Apple Cinnamon Cheerios, Graham Crackers Orange Juice 1% White Milk	Breakfast Bar Strawberry Yogurt Apple Juice Choice of Milk	Fruit Loops Cereal, Graham Crackers Apple Juice 1% White Milk
Frosted Flakes Cereal, Graham Crackers Orange Juice 1% White Milk	Breakfast Bar, String Cheese, Apple Juice Choice of Milk	Apple Cinnamon Cheerios, Graham Crackers Orange Juice 1% White Milk	Breakfast Bar Strawberry Yogurt Apple Juice Choice of Milk	Fruit Loops Cereal, Graham Crackers Apple Juice 1% White Milk

Cheese Ravioli & Meatball, Carrots, Fresh Fruit

ALT:

Cheese Ravioli, Yogurt, Carrots, Fresh Fruit

