

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Lunches provided by:</i> Getaway Café 3049 Sussex Ave @ McNeilly 412-343-1333 Director of Catering Services: Louis Manolios</p>	<p>All lunches include: <i>Protein, Fruit, Vegetable, Grain, 1% White Milk or Fat Free Chocolate Milk</i></p> <p>Getaway Café uses all Halal Beef & Chicken</p>	<p>1 Baked Chicken Nuggets, Waffle Fries, Corn, Graham Crackers, Fruit ALT: Penne Pasta w/Marinara String Cheese, Corn, WG Bread, Fruit</p>	<p>2 Beef Hot Dog on WG Bun, Vegetarian Baked Beans, Salad w/Light Dressing, Fruit ALT: Stuffed Shells w Ricotta Cheese & Marinara, Salad w/Light Dressing, Fruit</p>	<p>3 Beef over Noodles, Steamed Mixed Veggies, WG Bread, Fruit ALT: Pizza Crunchers, Steamed Mixed Veggies, Fresh Fruit</p>
<p>6 Chicken Parmesan, WG Bread, Green Beans, Fruit ALT: Deep Dish Cheese Pizza, Green Beans, Fruit</p>	<p>7 French Toast Sticks, Scrambled Eggs, Maple Syrup, Steamed Carrots, Apple Sauce ALT: French Toast Sticks. Maple Syrup, Strawberry Banana Yogurt, Steamed Carrots, Apple Sauce</p>	<p>8 Baked Chicken Nuggets, Tater Tots, Corn, Graham Crackers, Fruit ALT: Cheese Filled Bread Sticks w/Marinara Dipping Sauce, Corn, Fruit</p>	<p>9 Hamburger on WG Bun, Vegetarian Baked Beans, Salad w/Light Italian Dressing, Fruit ALT: Grilled Cheese on WG, Vegetarian Baked Beans, Salad w/Light Italian Dressing, Fruit</p>	<p>10 Meatball Sub, Au Gratin Potatoes, Fruit ALT: Pizza Crunchers, Au Gratin Potatoes, Fruit</p>
<p>13 No School</p>	<p>14 French Toast Sticks, Scrambled Eggs, Maple Syrup, Steamed Carrots, Apple Sauce ALT: French Toast Sticks. Maple Syrup, Strawberry Banana Yogurt, Steamed Carrots, Apple Sauce</p>	<p>15 Baked Chicken Nuggets, Waffle Fries, Corn, Graham Crackers, Fruit ALT: Hummus & Pita Bread Vegetarian Grape Leaves Corn, Fruit</p>	<p>16 Beef Hot Dog on WG Bun, Vegetarian Baked Beans, Salad w/Light Italian Dressing, Fruit ALT: Cheese Filled Bread Sticks w/Marinara Dipping Sauce, Salad w/Light Italian Dressing, Fruit</p>	<p>17 Beef over Noodles, Steamed Mixed Veggies, WG Bread, Fruit ALT: Pizza Crunchers, Steamed Mixed Veggies, Fruit</p>
<p>20 Baked Chicken Strips & Gravy, Green Beans, WG Bread, Fruit ALT: Cheese Filled Bread Sticks w/Marinara Dipping Sauce, Green Beans, Fruit</p>	<p>21 French Toast Sticks, Scrambled Eggs, Maple Syrup, Steamed Carrots, Apple Sauce ALT: French Toast Sticks. Maple Syrup, Strawberry Banana Yogurt, Steamed Carrots, Apple Sauce</p>	<p>22 Baked Chicken Nuggets, Tater Tots, Corn, Graham Crackers, Fruit ALT: Penne Pasta w/Marinara String Cheese, Corn, WG Bread, Fruit</p>	<p>23 Hamburger on WG Bun Vegetarian Baked Beans, Salad w/Light Italian Dressing, Fruit ALT: Stuffed Shells w Ricotta Cheese & Marinara, Salad w/Light Italian Dressing, Fruit</p>	<p>24 Meatball Sub, Au Gratin Potatoes, Fruit ALT: Pizza Crunchers, Au Gratin Potatoes, Fruit</p>
<p>27 Chicken Stir Fry, Steamed Rice, WG Roll, Fresh Fruit ALT: Broccoli, Cheese & Rice Casserole, WG Bread, Fruit</p>	<p>28 French Toast Sticks, Scrambled Eggs, Maple Syrup, Steamed Carrots, Apple Sauce ALT: French Toast Sticks, Maple Syrup, Strawberry Banana Yogurt, Steamed Carrots, Apple Sauce</p>	<p>29 Baked Chicken Nuggets, Waffle Fries, Corn, Graham Crackers, Fruit ALT: Cheese Filled Bread Sticks w/Marinara Dipping Sauce, Corn, Fruit</p>	<p>30 Beef Hot Dog on WG Bun, Vegetarian Baked Beans, Salad w/Light Italian Dressing, Fruit ALT: Grilled Cheese on WG, Vegetarian Baked Beans, Salad w/Light Italian Dressing, Fruit</p>	<p>31 Beef over Noodles, Steamed Mixed Veggies, WG Bread, Fruit ALT: Pizza Crunchers, Steamed Mixed Veggies, Fruit</p>