



Meet Your Nutritious Friend:
Twist & Sprout

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 All Star WG Soft Shell Beef Tacos FEATURED VEGGIES Red Pepper Strips	3 Breaded Chicken w/ a WG Dinner Roll FEATURED VEGGIES Broccoli	4 Tough Guy Chicken Tenders w/a WG Dinner Roll Domino's Pizza: Lincoln, Harding, PB, Intervention, Eagle's Nest FEATURED VEGGIES Peas	5 Surfing Superfruit Craveable w/a WG Goldfish FEATURED VEGGIES Tomatoes
8 Kickin' Chicken Patty on a WG Bun FEATURED VEGGIES Corn	9 Power Punch Orange Chicken WG Fried Rice FEATURED VEGGIES Celery Sticks	10 Winter Fest Chicken Alfredo Winter Cookie FEATURED VEGGIES Broccoli	11 Mountain Climber Italian Meatball Sub on a WG Bun FEATURED VEGGIES Romaine Side Salad	12 Pilates WG Pizza Pierogies FEATURED VEGGIES Green Pepper Strips
15 Champion Cheeseburger on a WG Bun FEATURED VEGGIES Sidewinder Fries	16 Friendly WG French Toast Sticks w/Power Pork Sausage Links OR 2 Cheese Sticks Fresh Fruit Cup  FEATURED VEGGIES Sweet Potato Home Fries	17 BBQ Beast Mode Boneless Chicken Wings w/a WG Dinner Roll FEATURED VEGGIES Celery & Carrot Stick Cup	18 Chillin' Cheeseburger Mac Domino's Pizza: Connell, Jefferson, McKinley FEATURED VEGGIES Romaine Side Salad	19 Side Plank WG Fish Shapes w/ WG Scooby Snacks FEATURED VEGGIES Cauliflower w/Cheese
22 Taco Pizza-Cleveland, Edison, Jefferson, Lincoln, McKinley Fish Shapes-Connell, Diehl, Eagle's Nest Intervention Pancakes w/Sausage-Harding BBQ Ribby Sandwich-Perry, PB Veggies: Cucumber Slices	23 Healthy Habit Ham & Cheese on a WG Bun  FEATURED VEGGIES Baby Carrots	24 No School	25 No School Christmas Day	26 No School
29 No School	30 No School	31 No School New Year's Eve		*Free breakfast & lunch to all students when school is in session. *All grains offered are whole grains. *All turkey lunch meat and pepperoni served is Halal.

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

- Choice of Whole Grain
- Choice of Meat/Meat Alternative
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.

Choice of Vegetable May Include:

Dark Green-Spinach, broccoli, romaine salad
Red/Orange-Carrots, sweet potatoes, tomatoes, red peppers
Legumes – beans & chick peas
Starchy-White potatoes, corn, peas
Other Vegetables-celery sticks, cucumbers, cauliflower, green peppers, green beans

Choice of Fruit May Include:

Oranges, apples, bananas, pears, peaches, strawberries, applesauce, pineapple, & mandarin oranges

Choice of Milk

1% white, fat-free white, fat-free chocolate

Daily Entrée Options May Include:

- Turkey Entrée Salad w/ WG Goldfish Crackers 
- Vegetarian Garden Entrée Salad w/WG Goldfish Crackers 
- Smucker's WG Uncrustables PB&J w/Cheese Stick 
- String Cheese & Yogurt Combo w/WG Goldfish Crackers 
- WG Turkey & Cheese Sandwich 

Options also include milk, fruit & vegetable. 

*Additional WG dinner roll available upon request.



Jenny Patterson: General Manager
Jean Viglione: Registered Dietitian
Suzanne Robertson: Operations Manager
Jess Kremer: Executive Chef

Lisa Kaschak: Culinary
Center Kitchen Manager
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Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg (WG) Whole Grain



Halal



Contains Pork



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES