



Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
Back to School Enjoy sunny days and fresh fruit while summer's still here.				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26 Chicken Nuggets w/bread slice or Grilled Cheese sandwich Mixed Vegetables	27 Meatball Hoagie w/cheese or Hamburger on bun Steamed Carrots	28 Chicken Patty on bun or Cheese Pizza French Fries	29 Cheeseburger on bun or Corn Dog Nuggets BBQ Baked Beans

WHAT MAKES A MEAL?

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

Choice of Meat or Meat Alternate

Choice of Vegetable, Choice of Fruit*

Choice of Grain/Bread, and Choice of Milk

*Students must choose at least one fruit or vegetable

MILK OPTIONS

Fat Free White, 1% White, Fat Free Chocolate,
Fat Free Strawberry

FRUIT & VEGGIE OPTIONS

Broccoli Florets | Baby Carrots

Dark Leafy Greens | Legume Salads

Celery & Cucumber

*May choose two 1/2 cup servings

Crisp Apple | Sliced Peaches | Mixed Fruit

Fresh Orange | Banana | Pineapple Tidbits

Diced Pears | Applesauce

*K-8 may choose up to 1/2 cup serving.

9th-12th may choose two 1/2 cup servings

ALTERNATE MENU OPTIONS