



Fresh Eats

..... CAFETERIA

Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
 <p>LABOR DAY NO SCHOOL</p>	<p>2</p> <p>Cheese Pizza</p> <p>Chicken Nuggets w/pretzel nuggets</p> <p>Broccoli</p>	<p>3</p> <p>French Toast Sticks w/syrup & sausage patties</p> <p>Ham & Cheese Wrap</p> <p>Tater Tots</p>	<p>4</p> <p>BBQ Pulled Pork on bun</p> <p>Hot Turkey & Cheese Sandwich</p> <p>Mixed Vegetables</p>	<p>5</p> <p>Soft Beef Taco with cheese & salsa</p> <p>Crispy Fish Sandwich</p> <p>Stewed Tomatoes</p>
<p>8</p> <p>Pepperoni Pizza</p> <p>Cheeseburger on bun</p> <p>Steamed Corn</p>	<p>9</p> <p>Lasagna Roll up w/bread slice</p> <p>Sloppy Joe on bun</p> <p>Mixed Vegetables</p>	<p>10</p> <p>Popcorn Chicken Bowl w/bread</p> <p>Yogurt Parfait w/crackers</p> <p>Mashed Potatoes</p>	<p>11</p> <p>Cheese Filled Breadsticks w/marinara</p> <p>Orange Chicken & Vegetable Dumplings</p> <p>Green Beans</p> <p>Dessert</p>	<p>12</p> <p>*Nutrition Expedition~ Italy *Cheese Tortellini Alfredo w/garlic toast</p> <p>BBQ Rib on bun</p> <p>Peas</p>
<p>15</p> <p>Meatlover's Grilled Cheese</p> <p>Corn Dog Nuggets</p> <p>Carrots</p>	<p>16</p> <p>Italian Dunkers w/sauce</p> <p>Hot Ham & Cheese Sandwich</p> <p>Mixed Vegetables</p>	<p>17</p> <p>French Toast Sticks w/syrup & sausage patties</p> <p>Ham & Cheese Wrap</p> <p>Tater Tots</p>	<p>18</p> <p>Cheese Ravioli with marinara & garlic toast</p> <p>BBQ Pulled Pork on bun</p> <p>Broccoli</p>	<p>19</p> <p>Macaroni & Cheese w/garlic toast</p> <p>Hot Sicilian</p> <p>Peas</p>
<p>22</p> <p>Meatball Hoagie</p> <p>Breaded Chicken Patty on bun</p> <p>Carrots</p>	<p>23</p> <p>Cheese Filled Breadsticks w/marinara</p> <p>Cheeseburger on bun</p> <p>BBQ Baked Beans</p>	<p>24</p> <p>Popcorn Chicken Bowl w/bread</p> <p>Yogurt Parfait w/crackers</p> <p>Mashed Potatoes</p>	<p>25</p> <p>Hot Dog on bun</p> <p>Pierogies w/bread slice</p> <p>Mixed Vegetables</p>	<p>26</p> <p>Chicken Soft Taco</p> <p>Fish Sticks w/garlic toast</p> <p>Green Beans</p>
<p>29</p> <p>Pepperoni Pizza</p> <p>Sloppy Joe on bun</p> <p>Corn</p>	<p>30</p> <p>Spaghetti with meat sauce & bread slice</p> <p>Turkey Bacon Ranch Wrap</p> <p>Green Beans</p>	 <p>Hello Fall</p> <p>Recharge every day with a blast of nutrition.</p>		

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

Daily Features Choice 3 & 4

Monday: Pizza Munchable or Garden Salad w/egg, cheese & bread

Tuesday: Grilled Cheese Sandwich or Garden Salad w/chicken & bread

Wednesday: Turkey & Cheese Sandwich or Garden Salad w/egg, cheese & Bread

Thursday: Chicken Nugget Munchable or Garden Salad w/chicken & bread

Friday: Cheese Pizza or Garden salad w/egg, cheese & bread