### What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of 1/2 cup of vegetables must accompany a reimbursable lunch.
- Meat or meat alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread
- Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

### Weekly Vegetable Subgroups
May Include:
- Dark Green - spinach, broccoli, romaine and spring salad
- Starchy - potatoes, corn, peas & lima beans
- Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

### Daily Fruit Selections
- Apple slices
- Mandarin oranges
- Blue berries

### Daily Fruit Selections
- Apple slices
- Mandarin oranges
- Blue berries

### Daily Entrée Options
May Include:
- HamburgerCheeseburger
- Chicken Patty
- Spicy Chicken Patty
- A variety of pizza choices

### UP FOR GRABS
Pizza Cravables
Turkey and Cheese Wrap
Ham and Cheese Wrap
Pepper Butter and Jalapify Sandwich

### Leave Your Lunch at Home
Daily entrée options may include:
- Hamburger
- Cheeseburger
- Chicken Patty
- Spicy Chicken Patty
- A variety of pizza choices

### Lunch Prices
- Student $2.10 ($1.70)
- Reduced $1.40
- Adult $3.15

General Manager: Canoe Woots
Phone Number: 724-376-7911 x 6125
Email: c_woods@lakeview.k12.pa.us

USDA is an equal opportunity provider and employer.

---

### Lunch Menu for March 2020

#### Monday
**Grilled Cheese Sandwich**
**Refried Beans**
**French Fries**
**Pizza**
**Macaroni and Cheese**

**Featured Veggies:**
- Lettuce/Tomato/Cheese on a Bun

**Choice of Milk**
**Choice of Fruit**

**Lunch Price:** $3.15

### Tuesday
**BBQ Chicken Sliders**
**Tomato Soup**
**Sliced Cucumbers**
**Choice of Fruit**

**Choice of Milk**
**Choice of Fruit**

**Lunch Price:** $3.15

### Wednesday
**Penne Pasta w/Meatballs**
**Garlic Bread Stick**
**Spinnach Salad**
**Green Beans**

**Choice of Fruit**
**Choice of Milk**

**Lunch Price:** $3.15

### Thursday
**Bowl Meal**
**Popcorn Chicken & Roll**
**Spinach Salad**
**Choice of Fruit**

**Choice of Milk**

**Lunch Price:** $3.15

### Friday
**Red Skin Potatoes**
**Choice of Fruit**
**Choice of Milk**

**Lunch Price:** $3.15

---

**What is a Meal?**
You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of 1/2 cup of vegetable must accompany a reimbursable lunch.

- Meat or meat alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread
- Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

**Weekly Vegetable Subgroups**
May Include:
- Dark Green - spinach, broccoli, romaine and spring salad
- Starchy - potatoes, corn, peas & lima beans
- Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

**Daily Fruit Selections**
- Apple slices
- Mandarin oranges
- Blue berries

**Daily Entrée Options**
May Include:
- Hamburger
- Cheeseburger
- Chicken Patty
- Spicy Chicken Patty
- A variety of pizza choices

**UP FOR GRABS**
- Pizza Cravables
- Turkey and Cheese Wrap
- Ham and Cheese Wrap
- Peanut Butter and Jalapify Sandwich
- Occasionally you may find:
  - a Hoagie or
  - Luncheon Meat Croissant
- or other surprises

Chef Salads Daily and a Weekly Featured Salad
All options include the veggies, fruits and milk to make a lunch

---

### Lunch Prices
- Student $2.10
- Reduced $1.40
- Adult $3.15

General Manager: Canoe Woots
Phone Number: 724-376-7911 x 6125
Email: c_woods@lakeview.k12.pa.us

USDA is an equal opportunity provider and employer.