### November 2019 Lunch

**What is a Meal?**
- You must choose at least 3 of the 5 components available for a reimbursable lunch; the 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.
- Meal or meal alternatives:
  - Choice of Vegetable
  - Choice of Fruit
  - Grain/Bread
  - Choice of Milk
  - Choice of Milk

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

**Daily Fruit Selections**
- Apples, oranges, apples, bananas, grapes, pears, peaches, cantaloupe, watermelon, strawberries, applesauce, pineapple, 100% fruit juices

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

**Leave Your Lunch at Home**
- Daily entrée options may include:
  - Hamburger
  - Cheeseburger
  - Chicken Patty
  - Spicy Chicken Patty
  - Variety of Pizza Choices

**UP FOR GRABS**
- Pizza Cravings
- Turkey and Cheese Wrap
- Ham and Cheese Wrap
- Peanut Butter and Jelly Sandwich

**General Manager; Darlene Wendrock**
- Phone Number: 724-376-7911 x 6125
- Email: darlenewendrock@docs.lakeview.k12.pa.us
- USDA is an equal opportunity provider and employer.

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<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Grilled Cheese Sandwich</td>
<td>Featured Veggies: Tomato Soup</td>
<td>Chicken Enchilada</td>
<td>Penne Pasta w/ Meatballs</td>
<td>Bowl Meal on a Bun</td>
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<tr>
<td></td>
<td>choice of Vegetable</td>
<td>choice of Milk</td>
<td>choice of Fruit</td>
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<tr>
<td></td>
<td>French Fries</td>
<td>Cucumber Sticks</td>
<td>Cheeseburger</td>
<td>Spinach Salad</td>
<td>Mashed Potatoes and Gravy</td>
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<tr>
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<td>Cole Slaw</td>
<td>Choice of Fruit</td>
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<td></td>
<td>Grilled Cheese</td>
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</tbody>
</table>

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### METZ GRILLE AVAILABLE WEEKLY

**Lunch Prices**
- Student 2.00
- Reduced $.40
- Adult $3.15

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**Weekly Pizza**
- Pepperoni Pizza
- Cheeseburger on a Bun
- Buffalo Chicken Salad

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**Weekly Salad**
- Italian Salad
- Buffalo Chicken Salad
- Strawberry Spinach Wed-Fri.

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**Featured Entrees**
- Buffalo Chicken Pizza
- Pepperoni Pizza
- Cheeseburger on a Bun
- Buffalo Chicken Salad

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**Weekly Subs**
- Chicken and Waffles
- Nacho Grande
- Beef Brisket
- Meatball Sub on a Bun

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**Weekly Grilled Cheese**
- 1% White
- Fat-Free White
- Chocolate
- Vanilla
- American

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**Weekly Choice of Fruit**
- Apples
- Bananas
- Oranges
- Strawberries

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**Weekly May Include**
- Stuffed Jacket Potatoes
- French Fries
- Hash Browns
- Tater Tots
- Tostada Tacos

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**Weekly Beverages**
- Milk
- Juice
- Water

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**Weekly Vegetables**
- Celery Sticks
- Cucumber Slices
- Pepper Strips
- Spinach Salad
- Italian Salad

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**Weekly Choices**
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk
- Choice of Milk
- Choice of Fruit

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**Weekly Grilled Cheese**
- 1% White
- Fat-Free White
- Chocolate
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**Weekly Choice of Fruit**
- Apples
- Bananas
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**Weekly Beverages**
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**Weekly Vegetables**
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**Weekly Choices**
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