



Meet Your Nutritious Friend: Cool as a Cucumber

		17 11			
Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
				1	Students must choose at least 3 of the 5 components available for the school lunch price.
					- Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk
4	5	6	. 7	8	A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.
					Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables
	160				Choice of Fruit
11	12	13	14	15	Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice
					Choice of Milk
					1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry
	40		0.4		Daily Alternates
18	19	20	21	22	Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches & Wraps
			el .		vvi aps
25	26	27	28	29	
25 Pizza	Chicken Nuggets	Corn Dog	Z8 Taco	29	
Or	Or	Or	Or		(V) Vegetarian
Pb&J Sandwich	Cheeseburger	Cheeseburger	Cheeseburger	NO SCHOOL	These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg
FEATURED VEGGIES Chips Fresh Veggies	FEATURED VEGGIES Parsley Potatoes Steamed Green Beans	FEATURED VEGGIES Fresh Salad Steamed Com	FEATURED VEGGIES Hash Brown Fresh Celery Sticks	2	(VG) Vegan These items do not ∞ntain any animal products
Your Team			Meal Prices		Motz

Student Lunch

Faculty Lunch

Reduced Lunch

\$2.55

\$0.00

\$4.00

Bernie Kelly, General Manager

570-345-2731 ext. 357

bkelly@pgasd.com