

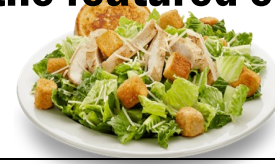


PIONEERS CAFÉ of Clearview Regional

Get the best DEAL...Make it a MEAL!



What's available on the lunch line other than the featured entrée?



PIZZA MEAL	HOT SANDWICH MEAL	COLD SANDWICH MEAL	SALAD MEAL	
Plain (Everyday)	Chicken Patty (Plain or Spicy)	Tuna Salad Hoagie Chicken Salad Sandwich	Chicken Caesar Salad House Garden Salad	Daily Specials Double Cheeseburger Chicken Wings Chicken & Waffles Mozzarella Sticks With Sauce Chef Choice
Pepperoni (Monday)	Chicken Cheese Steak	Chicken Caesar Wrap	Buffalo Chicken Salad	
Sausage [Tue]	Buffalo Chicken Flatbread	Italian Hoagie	Turkey BLT Salad	
Chic Bacon Ranch (Wed)	Meatball Parm	Chicken Bacon Wrap	Spring Salad	
Buffalo Chic (Thursday)	Cheese Steak	Turkey / Ham Hoagie	Chicken Bacon Ranch	
Vendor's Pizza	Chicken Nuggets	Buffalo Chicken Wrap	Chef Salad	



ONLY! \$3.75, \$0.40 Reduced, Premium Meal \$4.25 Extra Entrée \$3.25

First choose your meal! Your meal is your PROTEIN and GRAIN!

Choose at least 1 fruit or veggie. You may take up to 2 fruits & 2 veggies! Milk is included.

What makes a meal?

The agency that governs that school lunch program is the **USDA (United States Department of Agriculture)**. USDA defines a meal as containing a protein, grain, fruit, veggie and milk. Schools must offer all of these components but students are only required to take 3 out of 5 of these components with one being a fruit or veggie.

- Protein:** animal meats, cheese, yogurt, certain legumes.
- Grain:** breads, crackers, pasta, cereal, tortilla chips.
- Milk:** Fluid milk– must be non fat sweetened, non fat unsweetened or low fat unsweetened.
- Fruit:** whole fruit, cupped fruit or 100% fruit juice. You may take 1 or 2 servings.
- Veggie:** salad, raw veggies, cooked veggies. You may take 1 or 2 servings.

