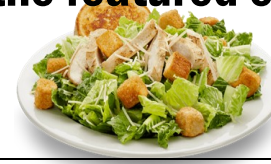




# PIONEERS CAFÉ of Clearview Regional

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

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



<b>PIZZA MEAL</b>	<b>HOT SANDWICH MEAL</b>	<b>COLD SANDWICH MEAL</b>	<b>SALAD MEAL</b>	
Plain (Everyday)	Chicken Patty (Plain or Spicy)	Tuna Salad Bowl Chicken Salad Sandwich	Chicken Caesar Salad House Garden Salad	<b>Daily Specials</b> Pizza Crunchers Chicken Wings Chicken & Waffles Cheese Steak Chef Choice
Pepperoni (Monday)	Chicken Cheese Steak	Chicken Caesar Wrap	Buffalo Chicken Salad	
Sausage [Tue]	Buffalo Chicken Flatbread	Italian Hoagie	Turkey BLT Salad	
Veggie (Wed)	Meatball Parm	Chicken Bacon Wrap	Spring Salad	
Buffalo Chic (Thursday)	Chicken Tenders	Turkey / Ham Hoagie	Chicken Bacon Ranch	
Friday Pizza	Corn Dogs	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.

