



**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 a 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  
Red/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 and green peppers

**Daily Fruit Selections May Include:**  
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**Leave Your Lunch at Home:**  
Daily entrée options may include:  
Cheese Burger on a Bun  
Chicken Patty on a Bun  
Chicken Nuggets with Pretzel Stick  
Cheese or Pepperoni Pizza

**Up For Grabs:**  
Select Salads with Dinner Roll  
Assortment of Wraps  
Grab & Go  
Craveables



Lunch Prices  
Student **\$FREE**  
Adult \$3.75

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> Spaghetti &amp; Meatballs Garlic Bread Stick or Grilled Ham and Cheese Sandwich <b>Featured Veggies:</b> Cherry Tomatoes Caesar Salad Choice of Fruit Choice of Milk</p>	<p><b>3</b> Ultimate Nachos Tortilla Chips or Grilled Chicken Sandwich <b>ROCK THE VOTE</b> <b>Featured Veggies:</b> Black Bean Salsa Lettuce &amp; Tomato Choice of Fruit Choice of Milk</p>	<p><b>4</b> Chicken &amp; Waffles or Egg, Ham and Cheese On a Croissant <b>Featured Veggies:</b> Cucumber Slices Curly Fries Choice of Fruit Choice of Milk</p>	<p><b>5</b> Buffalo Chicken Dip Tortilla Chips or Sandwich or Rib Sandwich On a Roll <b>Featured Veggies:</b> Green Beans Sweet Potato Wedges Choice of Fruit Choice of Milk</p>	<p><b>6</b> Texas Toasted Cheese Sandwich or Bangin' Shrimp Tacos On a Soft Tortilla <b>Featured Veggies:</b> French Fries Tomato Soup Choice of Fruit Choice of Milk</p>
<p><b>9</b> Asian Sesame Chicken over Rice or Italian Meatballs w/ Cheese On a Roll <b>Featured Veggies:</b> Steamed Broccoli Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>10</b> Twin Tacos Spanish Rice or Cheese Pizza Sticks with dipping sauce <b>Featured Veggies:</b> Lettuce &amp; Tomato Refried Beans Choice of Fruit Choice of Milk</p>	<p><b>11</b> Smothered Pierogies with a Dinner Roll or BBQ Ribby On a Bun  <b>Featured Veggies:</b> Green Beans Curly Fries Choice of Fruit Choice of Milk</p>	<p><b>12</b> Steak Gyo On Flat Bread or Pulled Pork On a Bun <b>Featured Veggies:</b> Sweet Potato Fries Cucumber Salad Choice of Fruit Choice of Milk</p>	<p><b>13</b> Macaroni &amp; Cheese Garlic Bread Stick or Turkey Philly Melt On a Bun <b>Featured Veggies:</b> Stewed Tomatoes Italian Salad Choice of Fruit Choice of Milk</p>
<p><b>16</b> Chicken Alfredo Garlic Bread Stick or Hot Ham and Cheese On a Pretzel Roll <b>Featured Veggies:</b> Cheesy Broccoli Green Beans Choice of Fruit Choice of Milk</p>	<p><b>17</b> Chicken &amp; Cheese Quesidilla On a Soft Tortilla or Cheese Pizza Sticks with dipping sauce <b>Featured Veggies:</b> French Fries Baked Beans Choice of Fruit Choice of Milk</p>	<p><b>18</b> Italian Sausage &amp; Peppers On a Roll or Chicken, Bacon &amp; Cheese Club On a Roll <b>Featured Veggies:</b> Curly Fries Red &amp; Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>19</b> Roast Tom Turkey with Gravy  Cranberry Sauce Homemade Stuffing with a Dinner Roll <b>Featured Veggies:</b> Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p><b>20</b> Roast Tom Turkey with Gravy  Cranberry Sauce Homemade Stuffing with a Dinner Roll <b>Featured Veggies:</b> Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>
<p><b>23</b> Salisbury Steak Buttered Noodles or Chicken Nuggets Pretzel Stick <b>Featured Veggies:</b> Green Peas Mashed Potatoes Choice of Fruit Choice of Milk</p>	<p><b>24</b> Cheesy Beefy Mac with a Dinner Roll or BBQ Pulled Pork On a Bun <b>Featured Veggies:</b> Glazed Baby Carrots French Fries Choice of Fruit Choice of Milk</p>	<p><b>25</b> <b>No School</b> </p>	<p><b>26</b> <b>No School</b> </p>	<p><b>27</b> <b>No School</b> </p>
<p><b>30</b> <b>No School</b> </p>	<p><b>1</b> Philly Steak &amp; Cheese On a Roll or Grilled Chicken &amp; Cheese On a Roll <b>Featured Veggies:</b> French Fries Red &amp; Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>2</b> Penne Pasta &amp; Meat Sauce Garlic Bread Stick or Hot Ham and Cheese On a Pretzel Roll <b>Featured Veggies:</b> Green Beans Caesar Salad Choice of Fruit Choice of Milk</p>	<p><b>3</b> General Tso Chicken over Rice or Italian Meatballs w/ Cheese On a Roll <b>Featured Veggies:</b> Steamed Broccoli Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>4</b> Italian Pizza DUNKERS with Sauce or Chicken Nachos Tortilla Chips <b>Featured Veggies:</b> Oven Fries Glazed Baby Carrots Choice of Fruit Choice of Milk</p>