



What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.
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 and fat-free chocolate

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

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

Daily Entree Options may include:
PB&J Jamwich with String Cheese & Graham Snack
Assorted Deli Sandwich Selection
Select Salads w/ roll
Fruit & Yogurt Lunch Pack w/Graham Snack & String Cheese



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>2 Cheese Pizza Dunkers with dipping sauce</p> <p>Featured Veggies: Steamed Corn Mashed Potatoes Choice of Fruit Choice of Milk</p>	<p>3 Chicken Nuggets with a Dinner Roll</p>  <p>Featured Veggies: Chick Pea Salad Cheesy Broccoli Choice of Fruit Choice of Milk</p>	<p>4 Chicken Quesadilla On a Soft Tortilla</p> <p>Featured Veggies: Lettuce & Tomato Oven Fries Choice of Fruit Choice of Milk</p>	<p>5 Rotini & Meat Sauce Garlic Bread Stick</p> <p>Featured Veggies: Sweet Potato Fries Cucumber Salad Choice of Fruit Choice of Milk</p>	<p>6 Pepperoni Pizza</p> <p>Featured Veggies: Romaine Salad Green Beans Choice of Fruit Choice of Milk</p>
<p>9 Chicken & Waffles</p> <p>Featured Veggies: Baby Carrots Cheesy Broccoli Choice of Fruit Choice of Milk</p>	<p>10 Salisbury Steak Buttered Noodles</p> <p>Featured Veggies: Green Peas Mashed Potatoes Choice of Fruit Choice of Milk</p>	<p>11 Cheesy Beef Mac Garlic Bread</p>  <p>Featured Veggies: Caesar Salad Steamed Carrots Choice of Fruit Choice of Milk</p>	<p>12 French Toast Sticks With Sausage Patties</p> <p>Featured Veggies: Green Beans Tater Tots Choice of Fruit Choice of Milk</p>	<p>13 Pepperoni Pizza</p> <p>Featured Veggies: Peas & Carrots Oven Fries Choice of Fruit Choice of Milk</p>
<p>16 Chicken Alfredo over Penne Garlic Bread Stick</p> <p>Featured Veggies: Green Beans Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>17 Walking Taco Tortilla Chips</p> <p>Featured Veggies: Refried Beans Lettuce & Tomato Choice of Fruit Choice of Milk</p>	<p>18 Toasted Cheese Sandwich</p> <p>Featured Veggies: Fresh Broccoli Tomato Soup Choice of Fruit Choice of Milk</p>	<p>19 Chicken Patty On a Bun <i>Early Dismissal</i></p> <p>Featured Veggies: French Fries Celery Sticks Choice of Fruit Choice of Milk</p>	<p>20 Roasted Turkey</p>  <p>Stuffing, Cranberry Sauce Apple Crisp</p> <p>Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>
<p>23 Cheese Raviolis</p> <p>Featured Veggies: Romaine Salad Peas & Carrots Choice of Fruit Choice of Milk</p>	<p>24 Italian Sausage & Peppers On a Bun</p> <p>Featured Veggies: Baked Beans Green & Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p>25 No School</p> 	<p>26 No School</p> 	<p>27 No School</p> 
<p>30 No School</p> 	<p>1 Twin Tacos Tortilla Chips</p> <p>Featured Veggies: Refried Beans Lettuce & Tomato Choice of Fruit Choice of Milk</p>	<p>2 Popcorn Chicken Bowl with a Dinner Roll</p> <p>Featured Veggies: Steamed Corn Mashed Potatoes Choice of Fruit Choice of Milk</p>	<p>3 Macaroni & Cheese Pretzel Stick</p> <p>Featured Veggies: Curley Fries Stewed Tomatoes Choice of Fruit Choice of Milk</p>	<p>4 Stuffed Crust Pizza</p> <p>Featured Veggies: Baby Carrots Cheesy Broccoli Choice of Fruit Choice of Milk</p>