



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 Vegetable & Fruit Juice

Ham & Cheese Sandwich

Select Salads w/ roll

Yogurt Craveable w/ Goldfish Snack & String Cheese



Lunch Prices
Student \$ **FREE**

Adult \$3.75

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USDA is an equal opportunity provider and employer.

Monday

2

Chicken Patty
On a Roll

Featured Veggies:

- Baby Carrots
- Green Peas
- Choice of Fruit
- Choice of Milk

Tuesday

3

Penne Pasta & Meatballs
Garlic Bread Stick



Featured Veggies:

- Cucumber Slices
- Green Beans
- Choice of Fruit
- Choice of Milk

Wednesday

4

Philly Cheese Steak
On a Bun

Featured Veggies:

- Cheesy Broccoli
- Oven Fries
- Green Peas
- Choice of Milk

Thursday

5

Beef Hot Dog
On a Bun

Featured Veggies:

- Curley Fries
- Baked Beans
- Choice of Fruit
- Choice of Milk

Friday

6

Cheese Pizza

Featured Veggies:

- Green Peas
- Cherry Tomatoes
- Choice of Fruit
- Choice of Milk

9

Italian Meatballs & Cheese
On a Roll

Featured Veggies:

- Cucumber Slices
- Potato Triangles
- Choice of Fruit
- Choice of Milk

10

French Toast Sticks
With Sausage Patties

Featured Veggies:

- Tater Tots
- Chick Pea Salad
- Choice of Fruit
- Choice of Milk

11

Chicken & Waffle with Gravy
with a Dinner Roll



Featured Veggies:

- Steamed Corn
- Mashed Potatoes
- Choice of Fruit
- Choice of Milk

12

Cheese Raviolis
Garlic Bread Stick

Featured Veggies:

- Green Beans
- Baby Carrots
- Choice of Fruit
- Choice of Milk

13

Pepperoni Pizza

Featured Veggies:

- Sweet Potato Waffle Fries
- Fresh Broccoli
- Choice of Fruit
- Choice of Milk

16

Chicken Nuggets
with a Dinner Roll

Featured Veggies:

- French Fries
- Green Peas
- Choice of Fruit
- Choice of Milk

17

Egg, Ham & Cheese
On a Croissant

Featured Veggies:

- Tater Tots
- Cherry Tomatoes
- Choice of Fruit
- Choice of Milk

18

Roasted Turkey
Stuffing



Featured Veggies:

- Cranberry Sauce with a Dinner Roll
- Steamed Corn
- Mashed Potatoes
- Choice of Fruit
- Choice of Milk

19

Mini (Turkey) Corn Dogs
Pretzel Stick

Early Dismissal

Featured Veggies:

- Cheesy Broccoli
- Potato Smiles
- Choice of Fruit
- Choice of Milk

20

Pepperoni Pizza Rolls

Featured Veggies:

- Celery Sticks with Ranch
- Green Beans
- Choice of Fruit
- Choice of Milk

23

Cheeseburger
On a Roll

Featured Veggies:

- Tater Tots
- Fresh Broccoli
- Choice of Fruit
- Choice of Milk

24

Chicken & Cheese
Quesadilla

Featured Veggies:

- Refried Beans
- Cherry Tomatoes
- Choice of Fruit
- Choice of Milk

25

No School



26

No School



27

No School



30

No School



1

Chicken Nachos
On a Soft Tortilla

Featured Veggies:

- Cherry Tomatoes
- Lettuce & Cheese
- Choice of Fruit
- Choice of Milk

2

Macaroni & Cheese
with a Dinner Roll

Featured Veggies:

- Tater Smiles
- Stewed Tomatoes
- Choice of Fruit
- Choice of Milk

3

Pulled Pork BBQ
On a Roll

Featured Veggies:

- Potato Triangles
- Chick Pea Salad
- Choice of Fruit
- Choice of Milk

4

Cheese Pizza

Featured Veggies:

- Celery Sticks with Ranch
- Green Beans
- Choice of Fruit
- Choice of Milk