

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
Students- **Free**

Adult \$3.75

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Chicken Patty On a Roll</p> <p>Featured Veggies: Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>4</p> <p>Philly Cheese Steak On a Roll</p> <p>Featured Veggies: Baked Beans Sweet Potato Fries Choice of Fruit Choice of Milk</p>	<p>5</p> <p>Chicken & Gravy Over a Biscuit</p> <p>Featured Veggies: Oven Fries Baby Carrots Choice of Fruit Choice of Milk</p>	<p>6</p> <p>Penne Pasta & Meat Sauce Garlic Bread</p> <p>Featured Veggies: Green Beans Caesar Salad Choice of Fruit Choice of Milk</p>	<p>7</p> <p>Pepperoni Pizza</p> <p>Featured Veggies: Peas & Carrots Oven Fries Choice of Fruit Choice of Milk</p>
<p>10</p> <p>Italian Pizza Dunkers Garlic Bread Stick</p> <p>Featured Veggies: French Fries Chick Pea Salad Choice of Fruit Choice of Milk</p>	<p>11</p> <p>Salisbury Steak Buttered Noodles</p> <p>Featured Veggies: Steamed Peas & Carrots Mashed Potatoes Choice of Fruit Choice of Milk</p>	<p>12</p> <p>Texas Toasted Cheese Sandwich</p> <p>Featured Veggies: Green Beans Tomato Soup Choice of Fruit Choice of Milk</p>	<p>13</p> <p>French Toast Sticks with Sausage Patties</p> <p>Featured Veggies: Tater Tots Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>14</p> <p>Cheese Pizza</p> <p>Featured Veggies: Potato Smiles Steamed Broccoli Choice of Fruit Choice of Milk</p>
<p>17</p> <p>Chicken & Waffles with a Dinner Roll</p> <p>Featured Veggies: Glazed Carrots Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>18</p> <p>Chicken Nuggets with a Dinner Roll</p> <p>Featured Veggies: Baked Beans French Fries Choice of Fruit Choice of Milk</p>	<p>19</p> <p>Rotini with Meat Sauce Garlic Bread Stick</p> <p>Featured Veggies: Steamed Corn Baby Carrots Choice of Fruit Choice of Milk</p>	<p>20</p> <p>Chicken Quesadillas On a Soft Tortilla</p> <p>Featured Veggies: French Fries Green Beans Choice of Fruit Choice of Milk</p>	<p>21</p> <p>Cheese Pizza</p> <p>Featured Veggies: Oven Fries Cheesy Broccoli Choice of Fruit Choice of Milk</p>
<p>24</p> <p>Chicken Alfredo over Penne Garlic Bread Stick</p> <p>Featured Veggies: Glazed Carrots Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>25</p> <p>Walking Taco Pretzel Stick</p> <p>Featured Veggies: Refried Beans Lettuce & Tomato Choice of Fruit Choice of Milk</p>	<p>26</p> <p>Mini Corn (Turkey) Nuggets Pretzel Stick</p> <p>Featured Veggies: Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>27</p> <p>Southern BBQ Pork On a Bun</p> <p>Featured Veggies: French Fries Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>28</p> <p>Cheese Pizza</p> <p>Featured Veggies: Caesar Salad Green Beans Choice of Fruit Choice of Milk</p>
<p>31</p> <p>No School</p>	<p>1</p> <p>Italian Sausage & Peppers On a Bun</p> <p>Featured Veggies: Baked Beans Red & Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>2</p> <p>Sloppy Joe On a Bun</p> <p>Featured Veggies: Steamed Corn Mashed Potatoes Choice of Fruit Choice of Milk</p>	<p>3</p> <p>Smothered Pierogies Pretzel Stick</p> <p>Featured Veggies: French Fries Green Beans Choice of Fruit Choice of Milk</p>	<p>4</p> <p>Cheese Pizza</p> <p>Featured Veggies: Cheesy Broccoli Baby Carrots Choice of Fruit Choice of Milk</p>