

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 Uncrustable with Vegetable & Fruit Juice

Ham & Cheese Wrap

Yogurt Craveable w/ Goldfish Snack & String Cheese

Menu Subject To Change



Lunch Prices

Student Reduced - \$0.00
 Student Paid- \$2.50
 Adult \$4.75

General Manager
 Ariel Cowperthwait

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Email

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Italian Meatballs & Cheese On a Roll or Stuffed Crust Cheese Pizza Featured Veggies: Peas and Carrots Fresh Vegetables Choice of Fruit Choice of Milk
4 Pancakes Sausage Links or Chicken Patty On a Bun Featured Veggies: Tatot Tots Fresh Vegetables Choice of Fruit Choice of Milk	5 Chicken & Waffle in Gravy with a Dinner Roll or Mini (Turkey) Corn Dog Nuggets Pretzel Stick Featured Veggies: Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk	6 Sloppy Joe (Hamburg BBQ) On a Bun or Cheeseburger On a Bun Featured Veggies: Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	7 Spaghetti & Meat Sauce Garlic Bread Stick or Chicken Nuggets with a Dinner Roll Featured Veggies: Mixed Steamed Veggies Fresh Vegetables Choice of Fruit Choice of Milk	8 Grilled Chicken & Cheese On a Roll or Cheese Pizza Featured Veggies: Curly Fries Fresh Vegetables Choice of Fruit Choice of Milk
11 Pepperoni & Cheese Stuffed Breadstick or Chicken Patty On a Bun Featured Veggies: Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk	12 BBQ Ribby On a Bun or Mini (Turkey) Corn Dog Nuggets Pretzel Stick Featured Veggies: Steamed Diced Carrots Fresh Vegetables Choice of Fruit Choice of Milk	13 Orange Glazed Popcorn Chicken Over Rice or Cheeseburger On a Bun Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	14 Hot dog On a Bun or Chicken Nuggets with a Dinner Roll Featured Veggies: Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk	15 Chicken Sticks Dinner Roll or Cheese Pizza Featured Veggies: Peas & Carrots Fresh Vegetables Choice of Fruit Choice of Milk
18 Lasagna Roll Garlic Bread or Chicken Patty On a Bun Featured Veggies: Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk	19 Beef Taco Nachos Tortilla Chips or Mini (Turkey) Corn Dog Nuggets Pretzel Stick Featured Veggies: Baked Beans Fresh Vegetables Choice of Fruit Choice of Milk	20 Ham, Egg & Cheese on a Croissant or Cheeseburger On a Roll Featured Veggies: Tatot Tots Fresh Vegetables Choice of Fruit Choice of Milk	21 3 hour early dismissal Cheese Pizza Featured Veggies: Chef's Choice- Hot Veg Fresh Vegetables Choice of Fruit Choice of Milk	22 
25	26	27	28	29
				