

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

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Monday

1
Salisbury Steak
Over Noodles
or
Chicken Nuggets
with a Dinner Roll

5
Italian Pizza
Dunkers
or
All Beef Hot Dog
On a Roll

Featured Veggies:
Steamed Corn
Fresh Vegetables
Choice of Fruit
Choice of Milk

12
Toasted Cheese
Sandwich
or
Chicken Patty
On a Bun

Featured Veggies:
Steamed Broccoli
Fresh Vegetables
Choice of Fruit
Choice of Milk

19
Chicken Quesidilla
or
Chicken Patty
On a Bun

Featured Veggies:
Steamed Corn
Fresh Vegetables
Choice of Fruit
Choice of Milk

26
French Toast Sticks
Sausage Links
or
Chicken Patty
On a Bun

Featured Veggies:
Tatot Tots
Fresh Vegetables
Choice of Fruit
Choice of Milk

Tuesday

2
Breaded Fish Sticks
with a Dinner Roll
or
Cheese Pizza

6
Twin Beef Tacos
Tortilla Chips
or
Mini (Turkey) Corn Dog Nuggets
Pretzel Stick

Featured Veggies:
Steamed Diced Carrots
Fresh Vegetables
Choice of Fruit
Choice of Milk

13
Popcorn Chicken Bowl
with a Dinner Roll
or
Mini (Turkey) Corn Dog Nuggets
Pretzel Stick

Featured Veggies:
Glazed Carrots
Fresh Vegetables
Choice of Fruit
Choice of Milk

20
Chicken Cordon Blue
(chicken topped with ham and cheese)
or
Mini (Turkey) Corn Dog Nuggets
Pretzel Stick

Featured Veggies:
Steamed Diced Carrots
Fresh Vegetables
Choice of Fruit
Choice of Milk

27
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

Wednesday

7
Hot Dog
On a Bun
or
Cheeseburger
On a Bun

Featured Veggies:
Green Beans
Fresh Vegetables
Choice of Fruit
Choice of Milk

14
Chicken Breast & Cheese
On a Bun
or
Cheeseburger
On a Bun

Featured Veggies:
Steamed Corn
Fresh Vegetables
Choice of Fruit
Choice of Milk

21
Turkey or Ham Sub
or
Cheeseburger
On a Bun

Featured Veggies:
Green Beans
Fresh Vegetables
Choice of Fruit
Choice of Milk

28
Sloppy Joe (Hamburg BBQ)
On a Bun
or
Cheeseburger
On a Bun

Featured Veggies:
Steamed Corn
Fresh Vegetables
Choice of Fruit
Choice of Milk

28
Sloppy Joe (Hamburg BBQ)
On a Bun
or
Cheeseburger
On a Bun

Featured Veggies:
Steamed Corn
Fresh Vegetables
Choice of Fruit
Choice of Milk

Thursday

1
Salisbury Steak
Over Noodles
or
Chicken Nuggets
with a Dinner Roll

Featured Veggies:
Steamed Broccoli
Fresh Vegetables
Choice of Fruit
Choice of Milk

8
Macaroni & Cheese
Garlic Bread Stick
or
Chicken Nuggets
with a Dinner Roll

Featured Veggies:
Oven Fries
Fresh Vegetables
Choice of Fruit
Choice of Milk

15
Chicken Alfredo over Penne
Garlic Bread Stick
or
Chicken Nuggets
with a Dinner Roll

Featured Veggies:
Mixed Steamed Veggies
Fresh Vegetables
Choice of Fruit
Choice of Milk

22
Pepperoni & Cheese
Breadstick
or
Chicken Nuggets
with a Dinner Roll

Featured Veggies:
Oven Fries
Fresh Vegetables
Choice of Fruit
Choice of Milk

29
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

Friday

2
Breaded Fish Sticks
with a Dinner Roll
or
Cheese Pizza

Featured Veggies:
Green Beans
Fresh Vegetables
Choice of Fruit
Choice of Milk

9
Pierogis
Dinner Roll
or
Pepperoni Pizza
Cheese Pizza

Featured Veggies:
Peas & Carrots
Fresh Vegetables
Choice of Fruit
Choice of Milk

16

Possible Make up Day

23
Italian Meatballs & Cheese
or
Stuffed Crust Cheese Pizza

Featured Veggies:
Peas & Carrots
Fresh Vegetables
Choice of Fruit
Choice of Milk

1
Grilled Chicken & Cheese
On a Roll
or
Cheese Pizza

Featured Veggies:
Curly Fries
Fresh Vegetables
Choice of Fruit
Choice of Milk