

### 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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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> 	<p><b>2</b></p> 	<p><b>3</b></p> <p>Italian Dunkers or Cheeseburger On a Bun</p> <p><b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>4</b></p> <p>Chicken Alfredo over Penne Garlic Bread Stick or Chicken Nuggets with a Dinner Roll</p> <p><b>Featured Veggies:</b> Mixed Steamed Veggies Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>5</b></p> <p>Hot Ham &amp; Cheese on a Prtzel Bun or Cheese Pizza</p> <p><b>Featured Veggies:</b> Baked Beans Fresh Vegetables Choice of Fruit Choice of Milk</p>
<p><b>8</b></p> <p>Chicken Quesidilla or Chicken Patty On a Bun</p> <p><b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>9</b></p> <p>Cheesy Beefy Mac Garlic Bread Stick or Mini (Turkey) Corn Dog Nuggets Pretzel Stick</p> <p><b>Featured Veggies:</b> Steamed Diced Carrots Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>10</b></p> <p>Waffles &amp; Omelette or Cheeseburger On a Bun</p> <p><b>Featured Veggies:</b> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>11</b></p> <p>Soft Tacos or Chicken Nuggets with a Dinner Roll</p> <p><b>Featured Veggies:</b> <b>Oven Fries</b> Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>12</b></p> <p>Italian Meatballs &amp; Cheese On a Roll or Stuffed Crust Cheese Pizza</p> <p><b>Featured Veggies:</b> Peas &amp; Carrots Fresh Vegetables Choice of Fruit Choice of Milk</p>
<p><b>15</b></p>  <p><b>MLK DAY!</b></p>	<p><b>16</b></p> <p>Chicken &amp; Waffle in Gravy with a Dinner Roll or Mini (Turkey) Corn Dog Nuggets Pretzel Stick</p> <p><b>Featured Veggies:</b> Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>17</b></p> <p>Sloppy Joe (Hamburg BBQ) On a Bun or Cheeseburger On a Bun</p> <p><b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>18</b></p> <p>Spaghetti &amp; Meat Sauce Garlic Bread Stick or Chicken Nuggets with a Dinner Roll</p> <p><b>Featured Veggies:</b> Mixed Steamed Veggies Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>19</b></p> <p>Grilled Chicken &amp; Cheese On a Roll or Cheese Pizza</p> <p><b>Featured Veggies:</b> Curly Fries Fresh Vegetables Choice of Fruit Choice of Milk</p>
<p><b>22</b></p> <p>Pepperoni &amp; Cheese Stuffed Breadstick or Chicken Patty On a Bun</p> <p><b>Featured Veggies:</b> Steamed Corn Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>23</b></p> <p>BBQ Ribby On a Bun or Mini (Turkey) Corn Dog Nuggets Pretzel Stick</p> <p><b>Featured Veggies:</b> Steamed Diced Carrots Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>24</b></p> <p>Orange Glazed Popcorn Chicken Over Rice or Cheeseburger On a Bun</p> <p><b>Featured Veggies:</b> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>25</b></p> <p>Penne Pasta &amp; Meatballs Garlic Bread or Chicken Nuggets with a Dinner Roll</p> <p><b>Featured Veggies:</b> Glazed Carrots Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>26</b></p> <p>Chicken Sticks Dinner Roll or Cheese Pizza</p> <p><b>Featured Veggies:</b> Peas &amp; Carrots Fresh Vegetables Choice of Fruit Choice of Milk</p>
<p><b>29</b></p> <p>Lasagna Roll Garlic Bread or Chicken Patty On a Bun</p> <p><b>Featured Veggies:</b> Mixed Vegetables Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>30</b></p> <p>Walking Tacos or Mini (Turkey) Corn Dog Nuggets Pretzel Stick</p> <p><b>Featured Veggies:</b> Baked Beans Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>31</b></p> <p>Ham, Egg &amp; Cheese on a Croissant or Cheeseburger On a Roll</p> <p><b>Featured Veggies:</b> Tatot Tots Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>1</b></p> <p>Salisbury Steak Over Noodles or Chicken Nuggets with a Dinner Roll</p> <p><b>Featured Veggies:</b> Steamed Broccoli Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p><b>2</b></p> <p>Breaded Fish Sticks with a Dinner Roll or Cheese Pizza</p> <p><b>Featured Veggies:</b> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk</p>