

### 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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## Monday

**1**  
Orange Glazed Popcorn Chicken  
Over Rice  
or  
Cheeseburger  
On a Roll  
**Featured Veggies:**  
Green Beans  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**6**  
Lasagna Roll  
Garlic Bread  
or  
Chicken Patty  
On a Bun  
**Featured Veggies:**  
Mixed Vegetables  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**13**  
Italian Pizza  
Dunkers  
or  
All Beef Hot Dog  
On a Roll  
**Featured Veggies:**  
Steamed Corn  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**20**  
Toasted Cheese  
Sandwich  
or  
Chicken Patty  
On a Bun  
**Featured Veggies:**  
Steamed Broccoli  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**27**  
**No School**

## Tuesday

**2**  
Walking  
Tacos  
or  
Mini (Turkey) Corn Dog Nuggets  
Pretzel Stick  
**Featured Veggies:**  
Baked Beans  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**7**  
Ham, Egg & Cheese  
on a Croissant  
or  
Cheeseburger  
On a Roll  
**Featured Veggies:**  
Tatort Tots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**14**  
Salisbury Steak  
Over Noodles  
or  
Mini (Turkey) Corn Dog Nuggets  
Pretzel Stick  
**Featured Veggies:**  
Steamed Diced Carrots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**21**  
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

**28**  
Cheesy Beefy Mac  
Garlic Bread Stick  
or  
Mini (Turkey) Corn Dog Nuggets  
Pretzel Stick  
**Featured Veggies:**  
Steamed Diced Carrots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

## Wednesday

**1**  
Stuffed Shells  
Garlic Bread  
or  
Chicken Nuggets  
with a Dinner Roll  
**Featured Veggies:**  
Glazed Carrots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**8**  
3 hour early dismissal  
Cheese Pizza  
or  
Chicken Nuggets  
with a Dinner Roll  
**Featured Veggies:**  
Steamed Broccoli  
Fresh Vegetables  
Choice of Fruit

**15**  
Roasted Turkey  
with Gravy  
Cranberry Sauce  
Homemade Stuffing  
with a Dinner Roll  
**Featured Veggies:**  
Mashed Potatoes  
Steamed Corn  
Choice of Fruit  
Choice of Milk

**22**  
**No School**

**29**  
Philly Cheesesteak  
On a Roll  
or  
Cheeseburger  
On a Bun  
**Featured Veggies:**  
Green Beans  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

## Thursday

**2**  
Macaroni & Cheese  
Garlic Bread Stick  
or  
Chicken Nuggets  
with a Dinner Roll  
**Featured Veggies:**  
Oven Fries  
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**  
HAPPY Thanksgiving

**23**  
**No School**

**30**  
French Toast Sticks  
Sausage Links  
or  
Chicken Nuggets  
with a Dinner Roll  
**Featured Veggies:**  
Oven Fries  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

## Friday

**3**  
Chicken Sticks  
Dinner Roll  
or  
Cheese Pizza  
**Featured Veggies:**  
Peas & Carrots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**10**  
**No School**

**17**  
Italian Meatballs & Cheese  
On a Roll  
or  
Stuffed Crust Cheese Pizza  
**Featured Veggies:**  
Peas & Carrots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk

**24**  
**No School**

**1**  
Italian Meatballs & Cheese  
On a Roll  
or  
Stuffed Crust Cheese Pizza  
**Featured Veggies:**  
Peas & Carrots  
Fresh Vegetables  
Choice of Fruit  
Choice of Milk